

triple bristle

DUO sonic toothbrush

ENGINEERED
FOR YOUR SMILE

INSTRUCTION
MANUAL



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Welcome to the best smile of your life

Congratulations on your purchase of this toothbrush! You can now use Triple Bristle to enjoy all the benefits of perfect brushing including fresher breath, whiter teeth and healthier gums.

This toothbrush boasts features that make brushing easier, more effective and safer. The bristles are extra soft and won't harm enamel or gums. Two of the three brush heads are positioned at a 45 degree angle so you automatically brush perfectly every time. The 3 sides of the brush naturally adapt to your teeth so it will work on teeth of all shapes, sizes and positions. Best of all, it takes just 40 seconds to brush all your teeth and enjoy a deep satisfying clean.

It took several dentists and engineers more than 4 years to develop and perfect the technology you are about to use. We hope that you like it as much as we do.

Enjoy,

A handwritten signature in black ink that reads "Max Babiner". The signature is written in a cursive, flowing style.

Max Babiner, DMD

Get to know your Triple Bristle toothbrush



Brushing Modes

A note for people who have never used a sonic toothbrush: there are three settings on your toothbrush handle High, Sensitive, and Massage. For the first two weeks we recommended that you begin on the second mode - sensitive (low vibration) since the first mode (high vibration) may be too intense at first.



High - Recommended for most people after 2 weeks (Press power button once - this is the default setting)

Sensitive - Recommended for the first 2 weeks (Press power button twice)

Massage - For those who prefer a pulsing massage (Press power button three times)

A note on bleeding: It is common to notice slight bleeding and sensitivity in the first two weeks of use. Triple Bristle forces you to brush perfectly every time, so you will be cleaning your teeth and gums more thoroughly than before. Both bleeding and sensitivity will go away as your gums become stronger. If bleeding continues after two weeks, stop using and consult your dentist.

Triple Bristle Limited Warranty

Upon receipt of your Triple Bristle, you will need to register your new brush online within 30 days of sale or your ONE year limited warranty will be null and void.

Register online: Go to www.TripleBristle.com/Warranty and fill out the online form.

The Limited Warranty does NOT cover damage caused by accidents, misuse, abuse, tampering, alterations, cosmetic damage, and/or normal wear and tear. Triple Bristle Warranty does not cover units sold as used or refurbished. For more detail information on the Limited Warranty, please see the back cover of this manual and/or contact the helpful and friendly customer support team – support@triplebristle.com

Helpful Information

1. The toothbrushes must be charged for 24 hours if this is the first time that it is being used or the toothbrushes have not been used for more than 3 months.
2. To keep the battery fully charged, keep the toothbrushes in the charging base when not in use.
3. As your toothbrush charges, the handle may become warm. This is normal.
4. If your toothbrush malfunctions, stops working and after charging for 24 hours it does not improve the issue, please contact us.

Replacement brush heads



The triple bristle replacement heads have blue indicator bristles remind you when it's time to change your brush head. The brush heads should last up to 90 days then should be replaced or when they begin to fade or fray, whichever comes first. Replacement brush heads (pink or blue) can be purchased on TripleBristle.com

Read all instructions in this manual before using.

Basic brushing technique

Place brush head onto the handle, wet the bristles with water and place toothpaste in the middle of the three heads of the brush.



Gently slide the brush down onto your teeth until you feel the bristles engage your gums.



Press the power button and slowly guide the brush along your teeth until you have brushed all surfaces of your teeth.



Proper position

As you start using your Triple Bristle, you may find that as you approach the front teeth and need to reverse the brush head position, the plastic may touch your teeth and create an unfamiliar sensation. This goes away with time as you get used to using the brush and proper positioning.

Brushing the entire 2 minutes

If you want to get maximum brushing benefits, consider brushing for the full 2 minutes (30 seconds for each quadrant). There is evidence that brushing longer than the minimum recommendation is benefits for oral health.

Cleaning your tongue

Clean your tongue to ensure great breath and a healthy mouth. Use the included Triple Bristle tongue cleaner to gently scrape your tongue. Scrape your tongue from back to front several times until you have covered the entire tongue. Then rinse off the tongue cleaner with water until all debris is removed.

Remember: cleaning your tongue is one of the most important things you can do to ensure fresh breath.



Advanced techniques for specific dental conditions

Teeth whitening

When it comes to whitening teeth, consider the importance of using an abrasive toothpaste. Most "whitening" toothpastes will do a good job. Simply put the toothpaste onto your finger and gently rub onto the teeth you want to whiten. Then use a wet brush head to brush over the area. You can repeat this process until you remove most of the surface staining. To more dramatically whiten your smile, consider a professional tooth whitening at a dental office.

Gum recession and longer teeth

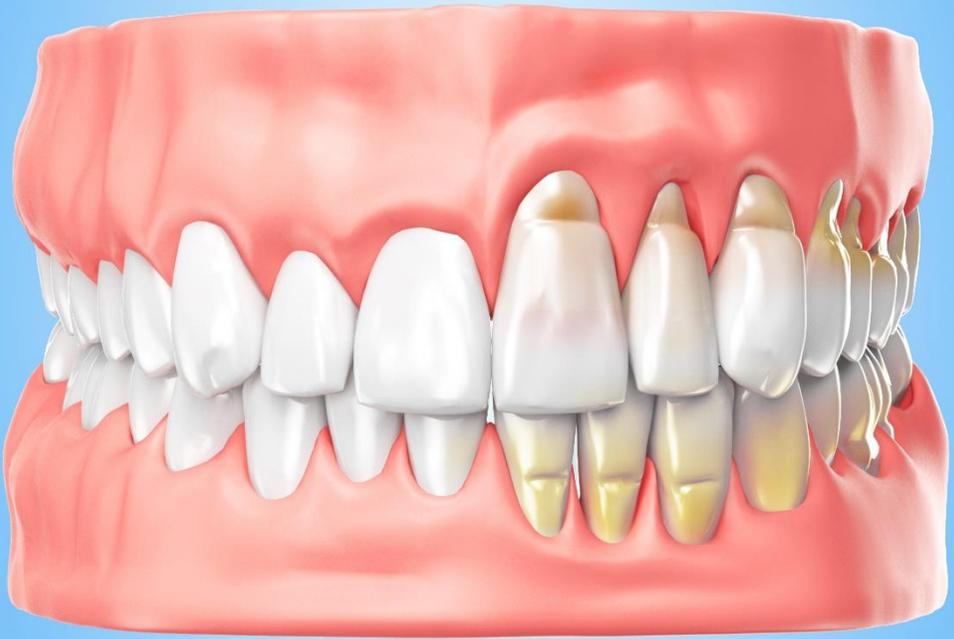
If you have recession or longer teeth, some users have suggested using a slight back and forth tilting motion so that you can engage the gums on the front and back of your teeth more easily.

Slide the toothbrush onto your teeth until they engage the gums.

Pivot the toothbrush for to reach and engage the gums in the front.

Then pivot the toothbrush back to engage the gums on the tongue side.





A note on recession, sensitivity and toothpaste

Using a low abrasiveness toothpaste will reduce your chances of having gum recession and abrasion lesions like the ones you see above.

The bristles on your toothbrush are extra soft but consider the importance of selecting a low abrasiveness toothpaste. Some common low abrasiveness toothpastes include Pronamel™, Colgate Total™, and several others. Using a highly abrasive toothpaste like some whitening toothpastes on a daily basis puts you at greater risk of toothbrush trauma and further gum recession. Consult your dentist for an appropriate toothpaste.

Gum disease

For those with a history of gum disease, it's important to remember the importance of at home care. Consider brushing for the entire two minutes and really engaging the gum line. You will find that your gum health will improve substantially if you use the Triple Bristle and floss daily. Using a quality gum rinse is also good idea.

Note: it's important to start off at the lowest "sensitive" vibration setting since your gums will be sensitive and may bleed in the beginning. After about 2 weeks you will find that you can comfortably use the high vibration setting.

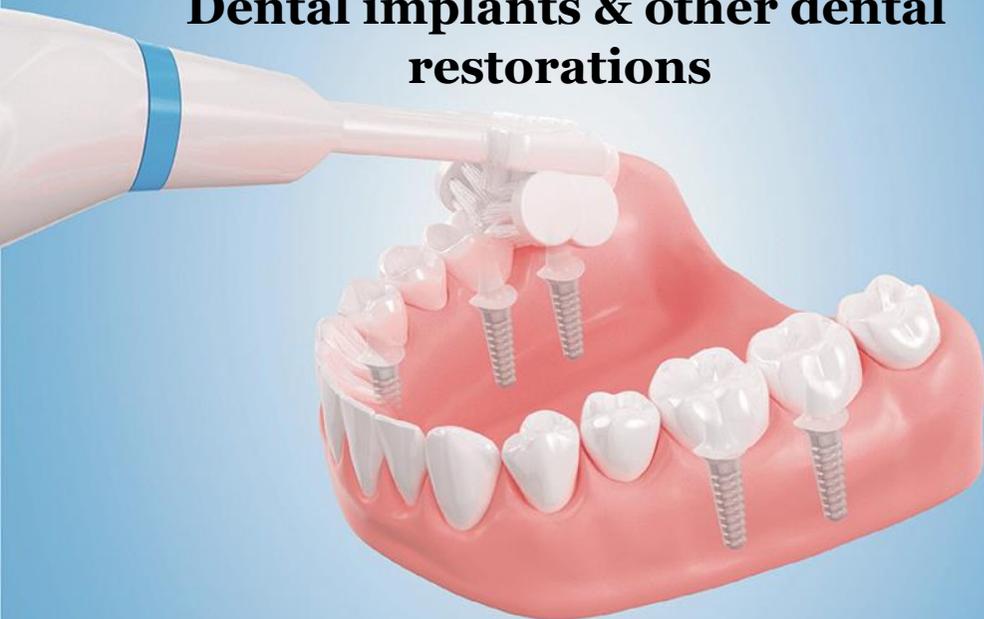
Disclaimer: if you suffer from active periodontal disease, it's important to first have your dentist treat the gum disease and recommend a personalized home care regimen.

People with gingivitis may benefit tremendously from the Triple Bristle toothbrush because it ensures that you correctly engage the gum line every time you brush.

After several weeks of great hygiene (Brushing twice and flossing at least once daily) gums often tighten up and stop bleeding.



Dental implants & other dental restorations



The extra soft bristles and expertly positioned brush heads make the Triple Bristle ideal for patients with dental implants and other dental work. The toothbrush will engage the gum line and clean away plaque and bacteria ensuring optimal oral health. At the same time, it won't scratch or abrade any surface of the implant or crown making it perfectly safe to use.

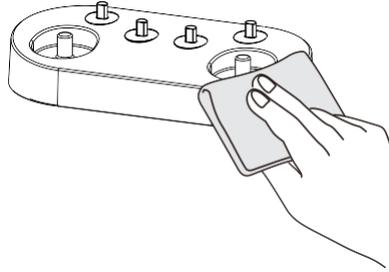
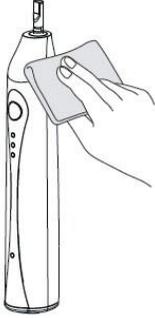
Oral hygiene gems

1. Flossing or cleaning between teeth is incredibly important to achieve great oral health. If you don't like flossing, try Flossers™, a Waterpik™, or GUM Softpiks™. It doesn't matter what method you choose to clean between teeth as long as you do it.
2. Use a non abrasive toothpaste. Here are some common toothpastes with a low abrasiveness score. In general, an abrasiveness score below 70 is considered low. Note that these are just approximate ranges rather than exact numbers.

Toothpaste	Relative dentin abrasiveness:
Pronamel™ Original	25
Arm & Hammer™ Peroxicare Regular	42
Oxyfresh™	45
Tom's of Maine™ Sensitive	49
Rembrandt™ Original	53
Supersmile™	62
Colgate™ Total Original	70

3. Consider letting toothpaste dissolve in your mouth by swishing it around before putting in your wet toothbrush. Toothpaste becomes less abrasive once it dissolves in saliva.
4. Never brush your teeth right after eating or drinking something acidic. Acidic foods like oranges or soft drinks can soften enamel and make it susceptible to damage during brushing.

Maintaining your Triple Bristle Toothbrush



1. Unplug the charger before cleaning the handles and charging base.
2. Remove the brush heads from the handles.
3. Do not submerge the handle in water.
4. Rinse the brush heads and bristles after each use. Be sure to rinse off any dried toothpaste that make get stuck between the bristles and brush heads.
5. Do not clean in the dishwasher.
6. The accumulation of dust or dirt on the plug can cause electric shock, overheating or fire. Be sure to periodically check the plug for dirt, dust or debris and never submerge the cord in water.

Troubleshooting

Problem	Possible cause	Solution
The toothbrush doesn't turn on.	It was just purchased or hasn't been used for 3 or more months.	Charge the handle for at least 24 hours.
Weak or diminished vibration.	You are pressing too hard against your teeth.	Press gently without excessive force.
The toothbrush turns off prematurely even after fully charging.	The handle battery and/or charging station has reached the end of its life cycle or the handle hasn't been charged long enough.	Charge handle for 24 hours and/or contact support@triplebristle.com

Safety first

The Triple Bristle toothbrush is safe and effective when used as directed. As with any electrical appliance, basic safety instructions need to be followed to ensure a successful outcome - especially when children are present.

Water and voltage warnings

1. If the toothbrush stops working, do not disassemble or take apart to reduce risk of electric shock.
2. Do not use while bathing.
3. Not for use by children under 3 years of age.
4. Do not reach for charger that has dropped into water or other liquid. Unplug immediately and discontinue use.
5. Never immerse the handle or charging base in water.
6. Do not plug the charger into an outlet with a voltage other than specified on the bottom of the charger.

General warnings

1. Children and individuals with reduced physical, sensory or mental abilities may use the Triple Bristle as long as they are supervised and given proper instruction on how to properly and safely use the product. Unsupervised children should not perform any cleaning and maintenance.
2. Use the product only for its intended use as described in this manual. This product should only be used to clean your teeth, tongue, and gums. Do not use any foreign brush heads or attachments.
3. This toothbrush is a personal care appliance and should not be used on multiple patients in dental office or institution.
4. If your toothpaste includes peroxide, baking soda or other bicarbonate (common in whitening toothpaste) thoroughly clean the brush head to avoid damaging the plastic.
5. Keep the product away from heat.
6. Never operate this product if it has a damaged cord, handle, or charger.
7. Do not destroy the safety features.
8. Do not use if product is damaged or not working properly. Immediately discontinue use if the product appears damaged in any way.
9. Do not attempt to remove the battery unless the product life has ended.
10. Do not use outdoors, or operate where aerosol spray products are being used, or where oxygen is being administered.
11. Do not pull or carry by cord, use cord as a handle or handle the plug with wet hands.

Medical warnings

1. If you have had dental surgery within the past two months, consult a dentist prior to using this product.
2. Consult your dental provider if excessive bleeding occurs while using this product or if minor bleeding continues to occur after two weeks of use.
3. Consult your physician or implant device manufacturer prior to using this product if you have questions concerning the use of this product in combination with a pacemaker or other implanted medical device.
4. Consult your physician prior to using the toothbrush if you have any medical concerns.
5. Never use while sleeping or drowsy.

SAVE THESE INSTRUCTIONS

Proper disposal of battery

The nickel-metal hydride battery should be recycled rather than thrown out into the trash. You can take the brush handles to many retailers who participate in the Rechargeable Battery Recycling Corporation's (RBRC) recycling program. Every local government usually has a household hazardous waste recycling program. These include drop off sites or collection events. Be sure to properly recycle the brush handles rather than throwing it away.

READ BACK COVER REGARDING WARRANTY



TRIPLE BRISTLE LIMITED WARRANTY

Register your toothbrush online upon receipt

www.triplebristle.com/warranty/

For additional support please contact us: support@triplebristle.com

LIMITED WARRANTY

The limited warranty set forth is given by TRIPLE BRISTLE Inc. line of products purchased and used in the United States only. Triple Bristle warrants the product as follows: **LABOR & PARTS:** For a period of 1 year from date of purchase for the charging base and sonic unit handle. Upon receipt of the device, Triple Bristle will repair and/or send a new replacement at their discretion, at no additional charge. The device must be accompanied by the original retail purchase receipt or online order number.

The Limited Warranty DOES NOT COVER damage caused by accidents, misuse, and abuse, tampering, alterations, cosmetic damage or normal wear and tear. Triple Bristle Warranty does not cover units sold as used or refurbished. Also not covered is if the serial number on your device has been removed.

Failure to register your toothbrush online within 30 days of sale date, makes the 1 Year Limited Warranty null and void.