

using your sonic blue teeth whitening system

1. If using with your GO SMiLE Teeth Whitening Gel, place a pea sized amount of the Teeth Whitening Gel next to a pea sized amount of your normal fluoride toothpaste on the dry brush bristles.

Tip: If you are taking a short break from the Teeth Whitening Gel for any reason, just apply a small amount of your favorite fluoride toothpaste to the bristles.

Note: If pregnant or nursing it is recommended you consult your physician before using the Teeth Whitening Gel with your Sonic Blue Toothbrush.

2. Place the toothbrush bristles against the teeth at a slight angle towards the gumline.

Tip: To prevent splattering, place the brush head in your mouth before turning on your Sonic Blue Toothbrush and be sure it is turned off before removing from your mouth.

3. Press the power on/off button to turn on the Sonic Blue Toothbrush.

4. Apply light pressure to maximize Sonic Blue Toothbrush's effectiveness and let the Sonic Blue Toothbrush do the brushing for you.

5. Gently move the brush head slowly across the teeth in a small back and forth motion so the longer bristles reach between your teeth. Continue this motion throughout your brushing cycle.

Note: To make sure you brush evenly throughout the mouth, divide your mouth into 4 sections using the Quadrant Timer feature.

6. For maximum whitening benefits begin brushing in section 1 (outside top teeth), starting with the front, focusing on the most visible teeth in your "smile zone", and brush for 30 seconds before moving to section 2 (outside bottom teeth), again starting in the front focusing on the most visible teeth in your "smile zone". Continue brushing in section 3 (inside bottom teeth) and brush for 30 seconds before moving to section 4 (inside top teeth).

7. After you have completed the brushing cycle, you can spend additional time brushing the chewing surfaces of your teeth and areas where staining occurs. You may also brush your tongue, with the toothbrush turned on or off, as you prefer.

8. Rinse the brush head and bristles after each use.

9. Clean the brush once a week, including under the brush head.

Your Sonic Blue Toothbrush is safe to use on:

- Braces (brush heads wear out sooner when used on braces)
- Dental restorations (fillings, crowns, veneers)

Note: The toothbrush may be turned off at any time by pressing the power on/off button. When the brush has been turned off, the next time it is turned on the timer will start over.

Brushing modes

Your Sonic Blue Toothbrush has the option of two different speeds in order to tailor your teeth brushing to your needs.

Press the mode (second) button to toggle between modes.

Note: You can only switch between modes when the toothbrush is turned on.

REGULAR MODE

- Standard mode for superior teeth cleaning.
- The top blue light will be lit up

GENTLE MODE

- Gentle, yet thorough cleaning for sensitive gums and teeth.
- The second blue light will be lit up

Quadrant Timer

The Quadrant Timer is an interval timer that has a short pause in vibration to remind you to brush the 4 sections of your mouth evenly and thoroughly.