

# Sonic Toothbrush User Guide

## Body Mechanix

### 1. Product Overview

This Adult Sonic Electric Toothbrush includes: 1 toothbrush handle, 3 brush heads, 1 USB charging cable, and 3 protective caps.

### 2. Charging Instructions

- Charge before first use (approximately 9 hours).
- Insert the USB plug into the charging port.
- Charging light cycles through 4 colors and stays steady when complete.
- Low battery warning: flashing indicator.
- Charge in temperatures between 5°C–35°C.

### 3. Brushing Instructions

- Wet brush head and apply toothpaste before turning on.
- Hold the brush at a 45° angle to the gumline.
- Use gentle, circular movements; avoid pressing hard.
- Brush for 2 minutes, guided by the 30-second quadrant timer.
- Rinse toothbrush and brush head after use.

### 4. Cleaning and Maintenance

- Rinse the handle and brush head under water (do not soak charger).
- Wipe dry with a soft cloth.
- Replace the brush head every 3 months.
- Store in a cool, dry place (–7°C to 35°C).

### 5. Safety Precautions

- Not suitable for children under 6 or individuals with pacemakers.
- Avoid whitening toothpaste with hydrogen peroxide or baking soda.
- Do not share brush heads.
- Do not disassemble or expose to high heat.

### 6. Operating Modes

- Green: Soft Mode (gentle clean).
- Red: Cleaning Mode (deep clean).
- Yellow: Whitening Mode (brighten teeth).
- Purple: Polish Mode (smooth finish).

## **7. Battery Removal & Disposal**

Ensure device is powered off before removing the battery. Use a tool to remove the back cover and dispose of the lithium battery safely according to local regulations.