

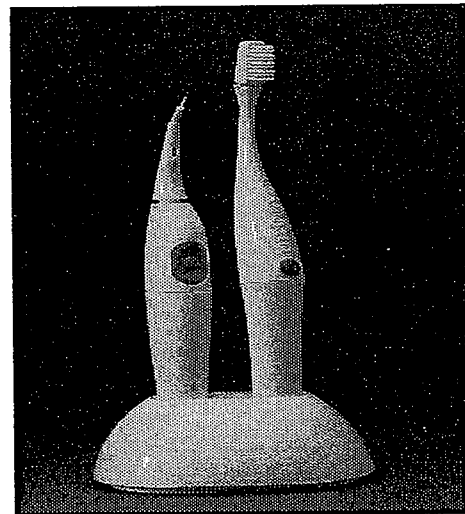
advanced model
sonex® *Hygiene System*

**WORLD'S FIRST AND ONLY
ULTRASONIC TOOTHBRUSH
PLUS SONIC FLOSSER**

USE AND CARE DIRECTIONS

Models:
RC-500U
120 VAC

RC-400U
240 VAC



SAVE THESE INSTRUCTIONS

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**Thank you for choosing the
Sonex Hygiene System.
You have chosen the most
technologically advanced way to get that
fresh from the dentist clean feeling everyday.**

**For questions and comments, please call:
1 - 800 - 633 - 7858**

Specifications:

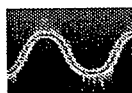
Charging unit:

models RC-500U, 120 VAC., 50/60 Hz., 100 mA.

models RC-400U, 240 VAC., 50/60 Hz., 100 mA.

Toothbrush: 5 VDC., 1.6 MHz., 30 mA.

Flosser: 1.5 VDC



The Ultima ultrasonic toothbrush features advanced ultrasonic technology coupled with a gentle sonic wave vibration to help you remove nearly all bacterial plaque every time you brush.

With just regular brushing, the Ultima ultrasonic toothbrush will help you maintain that fresh from the dentist clean feeling everyday.

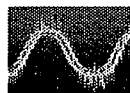
The SonexPick is designed to remove plaque from interdental areas (the gap between the teeth), from gum pockets developed between teeth and gums, from implants, and from braces. It is highly effective in areas where regular toothbrush bristles or floss can not reach.

CAUTION: PLEASE READ ALL SAFETY
CONSIDERATIONS AND INSTRUCTIONS
BEFORE USING THIS PRODUCT

To use the Ultima, remove the brush from the charger base and depress the button on the handle. The red light will come on and you will see and hear Ultima's sonic waves vibrate the bristles of the brush head. The Ultima will turn off automatically after three minutes. Or, you may press the button to stop the brush at any time.

To use the SonexPick, remove it from the charger base. The green charging light will turn off. Depress the button on the handle. The light will stay off, but you will feel the sonic frequency vibrations in the handle. When finished flossing, press the button again, which will turn off the unit. Replace the flosser into the charger.

Leave the charger base at home and your Brush and Flosser can be used for up to 4 full days of brushing and flossing while travelling. A compact travel case has been provided for your convenience.



Important!

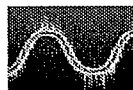
IMPORTANT SAFEGUARDS

- **Do NOT** operate the Hygiene System if the power cord, plug, or any other component is damaged in any way.
- **Keep the power cord away from heaters or other heated surfaces.**
- **Do NOT** touch the charger base with wet hands or while showering or bathing.
- **Do NOT** store the charger base where it can fall into water or get wet from the shower or bath.
- **Do NOT** touch the charger base if it has fallen into water while still plugged into a wall outlet. **Do not reach into the water. Unplug the cord from the wall outlet --immediately-- then drain water prior to picking up charger to dry it. Return the charger base to Sonex for examination and repair before using.**
- **The Hygiene System should NOT be used by young children. The removable brush head or tuft could be swallowed by a small child. Keep the entire unit out of reach of children under 10 years of age.**

WARNING: DO *NOT* USE THE ULTIMA
IF YOU ARE FITTED WITH A CARDIAC
PACEMAKER OR DEFIBRILLATOR.

The Hygiene System is designed to supplement your dentist's prescribed regimen. Follow your dentist's recommended brushing and flossing instructions while using the Hygiene System. You may use any toothpaste you like.

Do not discontinue any prescribed medications, and see your dentist regularly.



Initial Charging

To charge the Ultima, place the charger base on a stable, nonskid surface and plug the power cord into a standard AC wall outlet.

Insert the rounded end of the brush handle into charger base. While the Ultima is charging, a green light will be visible. Allow the Ultima to charge for 24 hours prior to first-time use to assure that the battery is fully charged. The charger base should always be plugged in so that the Ultima is being fully charged between brushings.

(You may notice a faint vibration and hum while the Ultima is charging. The brush handle may also be slightly warm. This is normal. The brush is self-protecting and will not overcharge.)

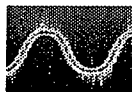
For Optimal battery life we recommend that twice a year you unplug the charger base and use the brush until the battery has been completely drained. Then simply follow the initial charging procedure. Following this procedure more frequently will further extend the battery life.

To Brush Your Teeth

Use the Ultima as you would a regular manual toothbrush. It's dual technology produces gentle sonic and ultrasonic waves that enhance your regular manual brushing technique. The Ultima's scrubbing and foaming action gives you outstanding plaque removal.

To use the Ultima, remove the brush from the charger base. Wet the bristles of the brush and apply toothpaste. To avoid splattering toothpaste, place the brush in your mouth before pressing the start button.

Unless your dentist has recommended otherwise, we suggest you follow this brushing technique (known as the Bass technique) most often recommended by dental professionals:



How to use your Ultima

Hold the toothbrush handle horizontally. Place the bristles on the teeth gum margin at an angle (app. 45°) so the bristles are directed toward the margin between your teeth and gums.

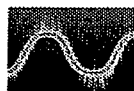
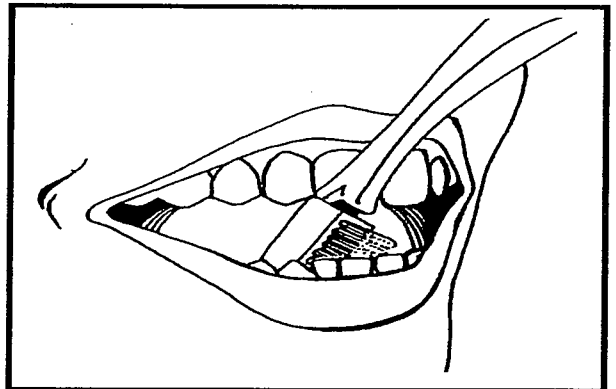
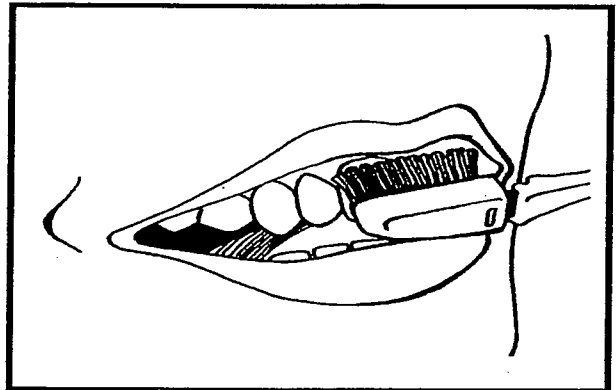
Move the brush *horizontally* in a back-and-forth motion, using short strokes -- less than 1/4". Be sure to keep the bristle points in contact against the gum margin.

Brush each area with at least 10 (count them!) back-and-forth cycles. Then move the brush to the next area, making sure that you overlap slightly the area you just brushed.

Brush the inner and outer surfaces of your teeth and gums following this technique.

Brush the *inside surfaces* of the upper and lower front teeth by holding the brush handle *vertically* and placing the bristle tips *directly on the gum margin*. Brush each tooth in these areas with 10 short up-and-down strokes.

Brush the *biting surfaces* of your back teeth...and then repeat the entire process from the beginning. Brush until the red light goes out to receive the complete amount of ultrasound.



Convenient On / Off Button

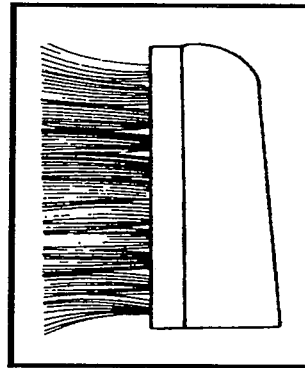
The Ultima will turn off automatically after three minutes, which is the dentist recommended brushing time. You should brush the full three minutes to get the full benefit of the Ultima's ultrasonic technology. However, if you are in a rush, you can stop the brush at any time by pressing the blue or red button.

Clean Up

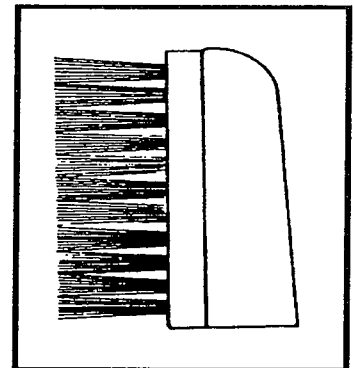
Rinse the brush head under running water. Dry the brush head and handle with a towel, and replace the Ultima in the charger base.

Important: Do NOT remove the brush head from the handle every day. Frequent removal causes excessive wear of the brush-holder clip and the brush head will not fit tightly. A tight fit is essential for the efficient transfer of ultrasonic power from the handle to the tips of the brush head.

After continued use, the bristles will wear and may bend. Replace the brush head when the bristles begin showing signs of wear, usually within one month -- or at least once every 3 months.

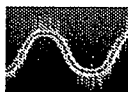


Worn brush head:
bristles are bent



New brush head:
bristles are straight

Call 1-800-633-7858 to order replacement Ultima brush heads, or to locate the retailer nearest you.

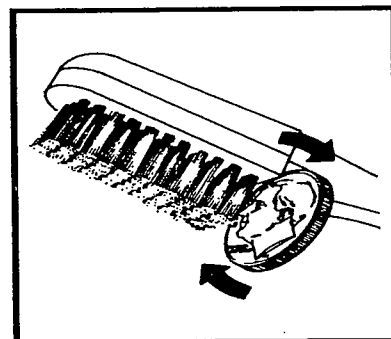


How To Replace Brush Heads

CAUTION:

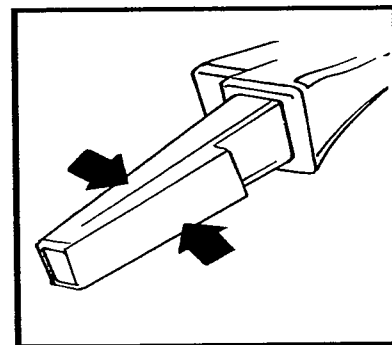
DO NOT POINT THE BRUSH TOWARD YOUR FACE NOR AT ANYONE ELSE WHEN REMOVING THE BRUSH HEAD. IT CAN FLY OFF WITH FORCE DURING REMOVAL AND MAY CAUSE POSSIBLE INJURY.

1. Place coin (a quarter works best) in the slot between the brush head and the handle, as shown here. Press the coin into the slot and, with a gentle twisting motion, snap the brush head off the handle.



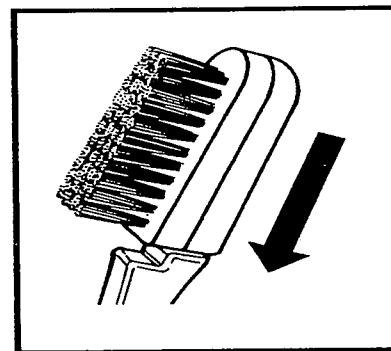
2. Wash off any toothpaste that has accumulated under the brush head before replacing the brush head.

3. Coat the brush head clip with a generous amount of Vaseline. This makes installation easier and helps transmission of the ultrasonic waves.



4. Place a new brush head onto the tip of the handle. Orient the bristles as shown here.

5. Push the new brush head on the handle by pressing it firmly against the palm of your hand until the top surface of the handle and the brush head are touching. You will see a gap, barely wide enough for a coin, between the bottom curved surface of the handle and the brush head, next to the bristles. Tug on the brush head to be sure it is firmly secured.



6. Replace the toothbrush in the charger base.



How to use your SonexPick

Introduction

The SonexPick comes with an assortment of replaceable cleaning tips in three different sizes, Thin (WHITE), Medium (BLUE), and Thick (GREEN).

You will need to use the Thin tufts to clean between teeth having small gaps, and to remove plaque from gum pockets. The Medium and the Thick tufts are suited to clean the larger gaps between the molars. You will need to experiment and decide which tufts to use where. Generally, the largest tuft which fits easily into a gap does the best plaque removal.

Important Safeguard

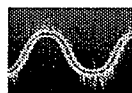
Never force the cleaning tips into interdental spaces or gum pockets. GENTLY guide the sonically activated bristles into these areas. Move the bristles in and out or sideways with only a SLIGHT pressure.

Replace the cleaning tips (bristle tufts) weekly, or sooner if they fray or loose their shape.

Orthodontic Cleaning

Clean the outer surfaces of the brackets with your regular toothbrush. To clean behind the wires, position the tips of the Thick (GREEN) bristles next to your teeth, between the wires and your gum. Move the vibrating bristles against the tooth, so the bristles spread into a single layer. Carefully guide the bristles between the wires and the teeth. Clean the teeth and the wires with a few gentle side to side motions.

While the SonexPick is ideally suited to clean under the brace wires, small children should always be supervised while using this or any other powered equipment.



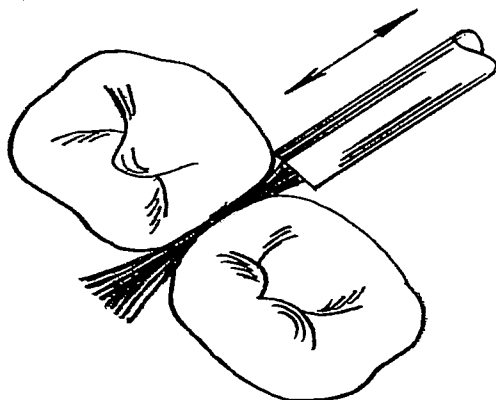
How to use your SonexPick

Interdental Cleaning

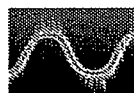
Your SonexPick comes with a battery installed. Take a cleaning tip from the “comb”, insert it in the nose of the SonexPick, and push the switch to sonically activate the bristles tufts.

When activated, the bristles vibrate at a sonic speed, enhancing cleaning effectiveness of the bristles.

To clean the interdental areas, carefully guide the vibrating bristles into the gaps between your teeth, starting from the molars and progress forward. A few in and out strokes in each gap with a very slight pressure is all that is required to clean out plaque.



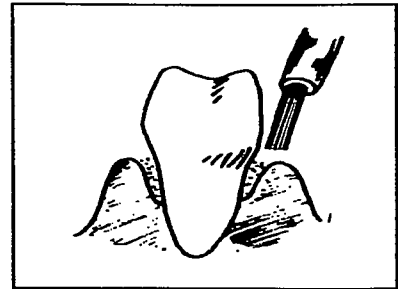
As you progress toward the front teeth, you will find that the Thick (GREEN) cleaning tip will not fit the smaller gaps. Do not force the Thick bristles into these small gaps. Skip the tight areas, and complete the cleaning of the larger gaps in both the upper and lower jaws. Switch to the Thin (WHITE) tips to clean the tight spots and gum pockets.



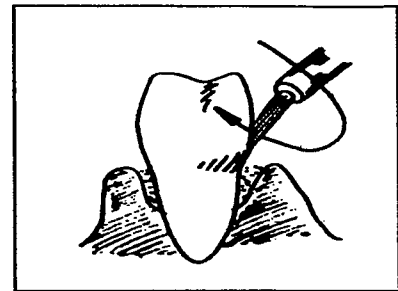
How to use your SonexPick

Cleaning of Gum Pockets

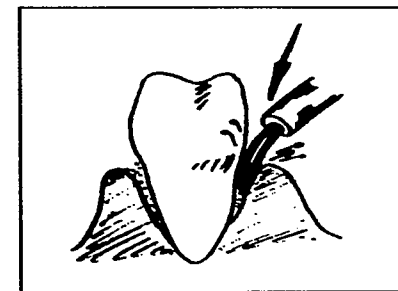
If your dentist advised you that you have gum pockets, you can clean them as shown in the following illustration. Be sure to use the Thin bristles for this purpose. Position the bristles next to your teeth, above the pockets in the gumline.



Touch the bristles against the tooth, so they spread into a single layer.

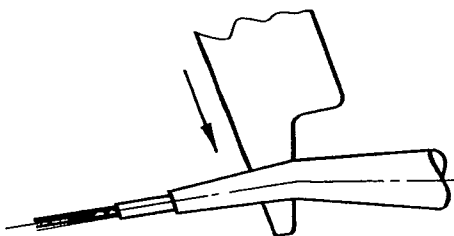


Carefully guide the bristles into the pocket, and remove the plaque with a few gentle side to side motions.



How to Install New Bristle Tuft

Break off a new bristle tuft from the holder, and push it firmly into the end of the SonexPick.



If you find that a bristle tuft is hard to remove, from the SonexPick, push the tapered end of the holder into the slot in the nose of the SonexPick as shown left to release the tuft.



Questions & Answers

Q: How does the Ultima ultrasonic toothbrush work?

A: The Ultima uses advanced dual frequency technology to provide its dynamic cleaning power. The Ultima is the worlds first to feature deep penetrating 1.6 MHz ultrasonic waves coupled with 18,000 SPM carrier waves.

With just regular brushing, the Ultima's unique foaming and scrubbing action effectively removes nearly all plaque to help you maintain a professional clean feeling every day. Ultima reaches well below the gumline to disrupt the bacterial process. This results in a significant reduction of gingivitis and bleeding while promoting healthier gums.

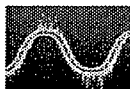
Q: How do I use the Ultima?

A: Brush with the Ultima as you would brush with your manual toothbrush using any toothpaste you like. Please see the "How To Use" section of this manual for instruction on the most commonly recommended brushing technique. We recommend that you brush with the Ultima twice a day for three minutes.

Q: How do I know when the Ultima is working?

A: When the brush is in the charger base the green light is visible, letting you know brush is charging. Pressing the button on the handle turns the brush on. The bristles will vibrate sonically and a red light will be visible indicating that the Ultima is working properly and emitting ultrasonic waves.

Should the red light fail to come on, or if the red light continually blinks and/or there is an absence of sonic vibration, these are indications that the Ultima is not working properly. Please contact the Sonex Customer Service Department for further instructions.



Q: How often do I change the brush head?

A: We recommend that you change the brush head monthly or when the bristles begin showing significant signs of wear. In any case, the brush head should be changed a minimum of once every three months.

Q: How do I know if the brush head needs replacing?

A: After continued use, you'll notice that the bristles will begin to bend -- just like with any regular brush. When this happens, it's time to replace the brush head. We recommend that you change the brush head at least once every 1 to 3 months, depending on wear.

Q: Can I travel with the Ultima?

A: Yes. The Ultima can be used for 4 days of twice a day brushing without recharging. For your added convenience, a Travel case is included.

Q: Do I still need to floss with the Ultima?

A: Yes. You should floss daily and see your dentist regularly. For daily flossing we recommend the using the SonexPick sonic interdental plaque remover from Sonex.

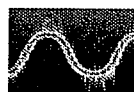
Q: Can the Ultima be used by patients with dental work and orthodontia patients(people with braces)?

A: Yes. The Ultima is extremely gentle and safe for all dental work and orthodontia patients. However, it is not recommended for children under the age of ten.

Q: Can I repair the Ultima?

A: No. This is a permanently sealed product that does not contain any user serviceable parts. In case of damage or malfunction, do not attempt to repair this product. Please call the Sonex Customer Service Department for instructions for returning the product to Sonex.

**SONEX CUSTOMER SERVICE
1-800-633-7858**



One-year Limited Warranty

The Hygiene System is warranted against defects in materials and workmanship in the United States only, for one (1) year from the date of purchase. Should a malfunction occur during the warranty period, Sonex will gladly and promptly, at its option, repair or replace the defective unit, free of charge.

FOR WARRANTY SERVICE (U.S. only): Please call 1-800-633-7858 for return instructions. Then send the unit and proof of purchase, postage paid and insured to:

**Customer Service Dept.
Sonex International Corp.
2022 Route 22, P.O.Box 533
Brewster, NY 10509-0533**

This warranty is limited solely to defects in materials and workmanship and does not cover damage, malfunctions, or defects caused by mis-use, including failure to follow the Use & Care Directions specified in this Instruction Manual.

This warranty shall not be effective unless the product was purchased from Sonex or an agent authorized by Sonex to sell this product.

In no event shall Sonex International Corporation be liable for any direct, indirect, incidental, or consequential damages resulting from the use of this or any Sonex product other than the liability stated herein. These warranties are in lieu of all other warranties, express or implied, including, but not limited to, the implied warranties of merchantability or fitness for a particular purpose. Any implied warranty applicable to this device shall not exceed the standard one-year limited-warranty period. Some states do not allow the exclusion or limitations of incidental or consequential damages, nor limitations as to the duration of an implied warranty, so the above limitations may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state. No one is authorized to vary the terms of this warranty.



The Sonex Product Line

sonex Ultima™

the ultrasonic toothbrush.

*Get that "fresh from the dentist" feeling of clean. **Reverses** Gingivitis. Helps **shrink** gum pockets. Available in both the compact single model and the convenient twin model.*

Replacement Brush Heads

*Now available in Regular, Compact and Small sizes. Dentists recommend that you **replace** your brush heads at least once every three months.*

soniPick™ *the sonic flosser* **Cleans beyond the reach of floss!**

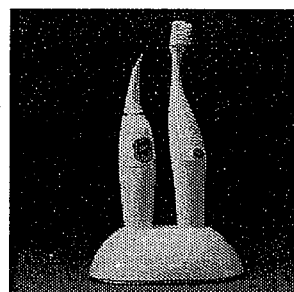
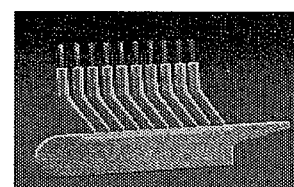
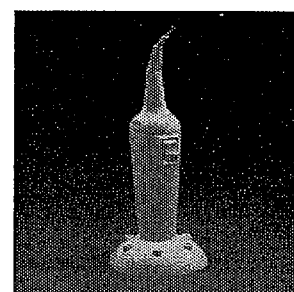
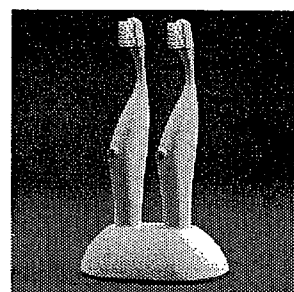
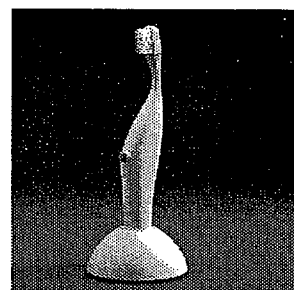
*Makes flossing **easy**. You can now **remove plaque effortlessly** from between teeth and from gum pockets, with sonic frequency vibrations. Ideal to clean under braces, bridges and implants.*

Replacement Tufts

Available in three sizes, thin, medium, thick to buy only what you need. Also available in a convenient assortment of all three sizes.

sonex Hygiene System

A combination set of a SONEX ULTIMA ultrasonic toothbrush and a rechargeable SONEX PICK sonic flosser.



*If you could not find one of these products at your retailer, call us at **1.800.GO SONEX (1.800.633.7858)** for the nearest stocking retailer or visit **www.sonexdental.com***

Sonex Forever Warranty

Your new Hygiene System now comes with the Sonex Forever Warranty.

The Sonex Forever Warranty covers your product during the first year if the brush is accidentally damaged. (Failure caused by defects in materials and workmanship are covered by the One Year Limited Warranty.)

After the first year, all product malfunctions, including accidental damage, are covered by the Forever Warranty for as long as you own your product. If it stops working properly, for any reason, you may replace it for only one-half of the then current retail price, and your replacement will be the most current model.

WARRANTY SERVICE IN THE USA CAN ONLY BE PROVIDED BY THE MANUFACTURER.

In the event that your Product fails to operate properly

DO NOT RETURN IT TO THE STORE

For Warranty Service in the USA, send it to Sonex.
We GUARANTEE to repair or replace your product
within five working days from the date of receipt.

SONEX CUSTOMER SERVICE 1-800-633-7858

You can order replacement brush heads and tufts
from your Sonex retailer or by calling:

**1-800-GO SONEX
(1-800-467-6639)**

or visit our website @

www.sonexdental.com

