

# ToothShower®

Water Flosser Suite for the Shower



## User Manual



SETUP VIDEOS

NOTE: TUBING WILL RELAX IN TIME WITH WARM SHOWER



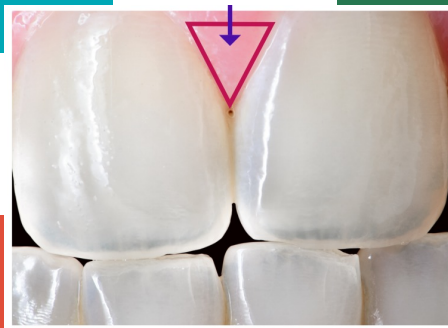


Congratulations on purchasing your ToothShower! ToothShower is an oral irrigator designed to clean where your toothbrush is missing. An oral irrigator, also called a water flosser or water pick, is intended to provide a pressurized stream of water to remove food particles from between the teeth and to promote good gum (periodontal) health.

ToothShower is not intended to replace professional dental cleanings. Food and debris (plaque) left on your teeth will harden (calculus) over time, which can only be removed by scaling (professional cleaning) it off.

There is a triangular space (interproximal space) between all teeth.

This tissue (free gingiva) is not attached to the bone underneath.



This triangular tissue is about 3 millimeters in depth (pocket) in a healthy mouth.

Food and bacteria get trapped under this loose gum tissue (sulcus).

If the food and bacteria are not removed from within this space, the gum tissue will inflame and bleed (inflammation).

## Contents:

- (1) ToothShower® Water Flosser Appliance (including 30 inches/76 cm of tubing)
- (1) Custom Diverter Valve
- (1) Removable Wall Plate
- (2) 3M Command™ Adhesive Bath Strips
- (1) 3M Command™ Adhesive Cord Clip
- (1) Plumber's Tape Spool
- (3) ToothShower Accessory Tips
  - Standard Irrigating Tip
  - Irrigating Dual-Headed Toothbrush
  - Irrigating Gum Massager



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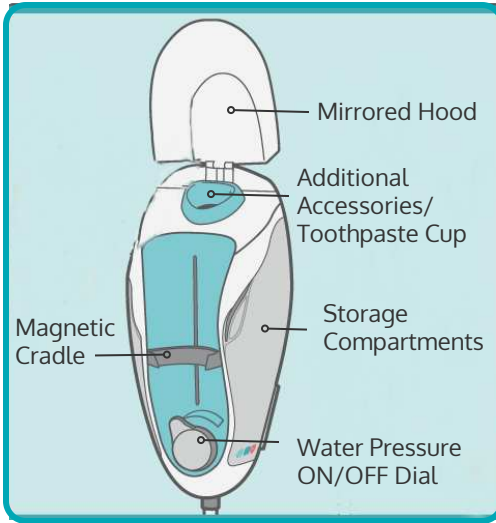
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**This product is intended to be used as directed. Read the entire User Manual before using the appliance.**



This product is intended to be used as directed. It uses pressurized water, and as such, could cause injuries to the eyes, ears and other body parts if not used as directed. Failure to use this product as intended and failure to follow the instructions, warnings, and precautions stated below could lead to additional physical injuries including, but not limited to, injuries to mouth and gums, injuries to other body parts, and slipping and falling in the shower.

- Do not direct water under the tongue, into the ear, nose, eye, back of the throat or other delicate areas.
- Due to pressurized water, do not press Accessory Release Button while water is flowing.
- Only use accessory tips and custom diverter valve recommended by ToothShower, LLC. Do not insert any foreign object into openings of the appliance.
- Do not use if you have an open wound on your tongue or in your mouth or while wearing oral jewelry.
- Consult your dentist and/or medical professional before using this appliance if antibiotic premedication has been recommended prior to dental procedures.
- ToothShower is intended for indoor household shower use with a maximum water pressure of 80 psi and a temperature of 120 degrees Fahrenheit.
- Closely instruct and supervise children and individuals with special needs in the proper use of this appliance. Do not attempt to use the appliance as a toy.
- Do not use the appliance if household has unsafe drinking water.
- The appliance is intended for flushing, not for swallowing the water.



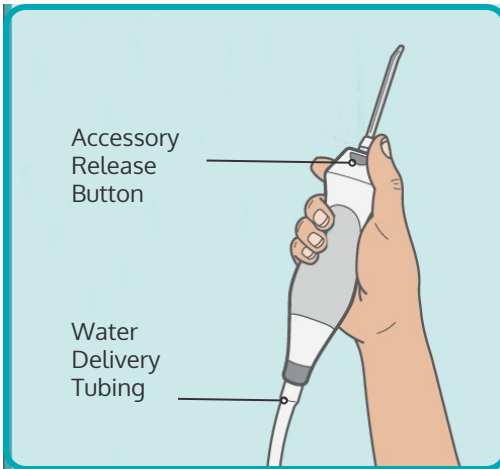
**Mirrored Hood** - covers additional accessories and accessory tip in handle.

**Additional Accessories/Toothpaste Cup** - for storage of travel size toothpaste or additional accessories.

**Magnetic Cradle** - magnetically holds handle in place when not in use.

**Water Pressure Dial** - adjusts water pressure directed into accessory tip and turns water ON/OFF.

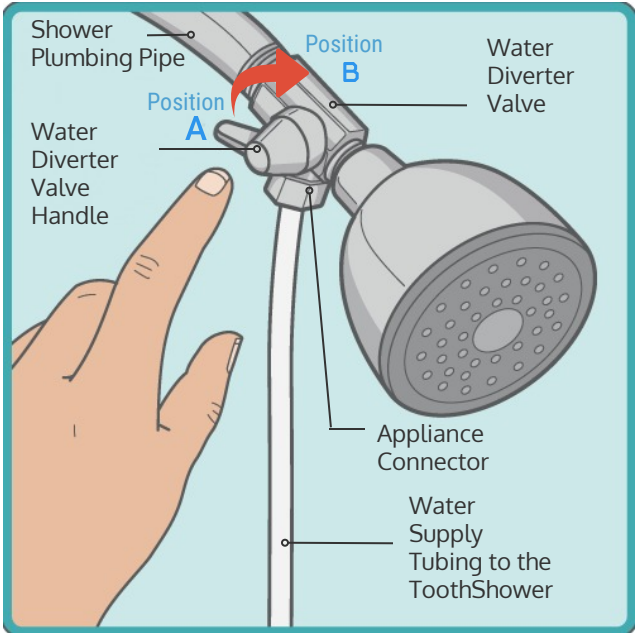
**Storage Compartments** - stores many accessory tips.



**Accessory Release Button** - locks/releases the ToothShower accessories.

**Water Delivery Tubing** - delivers water from the ToothShower appliance to the accessory handle.

**\*Images may appear different than actual product.**



**Shower Plumbing Pipe** - delivers household water to showerhead and appliance.

**Water Diverter Valve** - directs water flow to showerhead, appliance or both. This custom diverter valve is designed to always have water flowing to the ToothShower.

**Water Diverter Valve Handle** - use handle to adjust pressure to ToothShower.

**Position A** - water pressure is shared by the showerhead and ToothShower.

**Position B** - all available water pressure is diverted to ToothShower.



**NOTE:** WHETHER THE WATER DIVERTER VALVE IS IN POSITION A OR B, **THERE WILL ALWAYS BE WATER FLOWING TO THE TOOTHSHOWER**

**Appliance Connector** - connects water supply tubing to diverter valve.

**Water Supply Tubing** - delivers water from diverter valve to appliance.



## Install wall plate 24 hours prior to setting up diverter valve:

1



Choose a location for included wall plate where both storage doors can fully open, Water Supply Tubing reaches diverter connection, and adhesive strips can be placed to avoid grout lines. Clean area with rubbing alcohol, do not clean the wall with household cleaners.

2



**Remove the included wall plate from the back of the appliance by sliding it straight down.** Remove non-wallside liner from included 3M Command™ adhesive strips. Adhere strips to each of the indicated locations on the backside of the wall plate making sure the pull tabs do not extend past the edge of the plate. The wall-side liner will then be facing you.

3



Remove wall-side liner from both adhesive strips. Holding the wall plate level, attach it to the cleaned and dry shower wall, avoiding grout lines if possible. Hold and press firmly for 30 seconds.





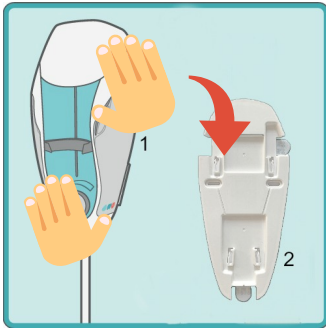
Install the ToothShower appliance and diverter valve after waiting 24 hours for the wallplate and adhesives to set.

1



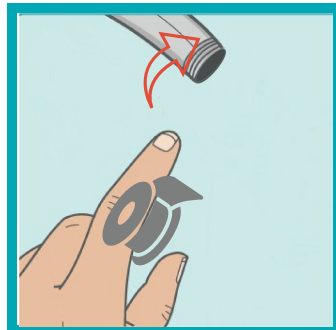
Allow 3M Command™ Bath adhesive strips to set for 24 hours before attaching the appliance to the wall plate. The shower can still be used during this period.

2



First, hold the appliance with two hands above the wall plate. Second, slide the appliance down along the front of the wall plate to capture hooks and lock into place.

3



Remove the showerhead or handheld showerhead connector by hand, exposing your Shower Plumbing Pipe's threaded end. Clean off all old plumber's tape from the shower pipe threaded end. Wrap the included plumber's tape 3-4 times around the pipe threads in a clockwise direction.

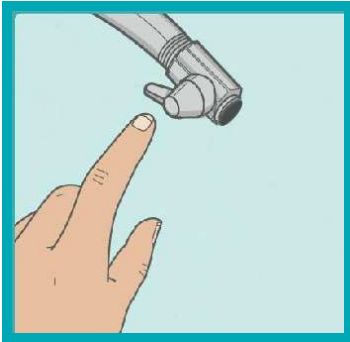


## Install the diverter valve:



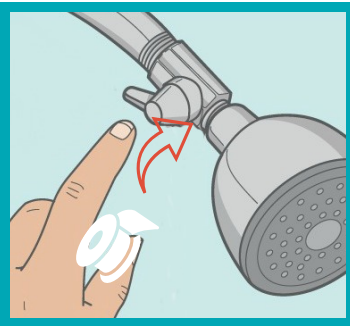
**NOTE:** IF LEAKING OCCURS AFTER HAND-TIGHTENING, AN **ADJUSTABLE WRENCH**, WITH A SOFT CLOTH TO PROTECT THE METAL FINISH, MAY BE REQUIRED. DO NOT OVER TIGHTEN.

4



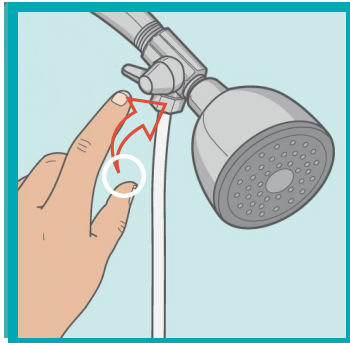
Screw the Water Diverter Valve onto the shower plumbing pipe by hand tightening.

5



Wrap the included plumber's tape 3-4 times around the diverter valve threads in a clockwise direction prior to screwing on showerhead. Screw showerhead or handheld connector onto the Water Diverter Valve by hand tightening.

6



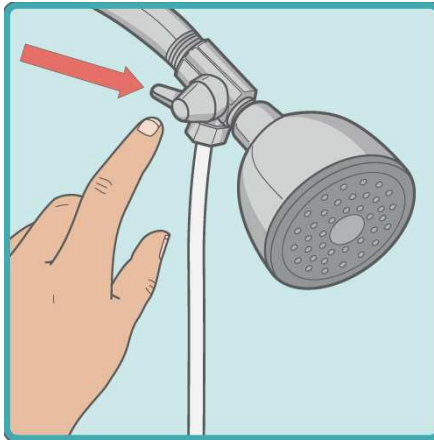
Make sure included white washer is placed inside Appliance Connector. Attach Water Delivery Tubing to the Water Diverter Valve by hand tightening the Appliance Connector to the diverter. Do not overtighten or the included washer may become distorted.

Included in mounting kit is a 3M Command™ Adhesive Cord Clip to adhere the Water Supply Tubing to desired location on the wall, if needed.



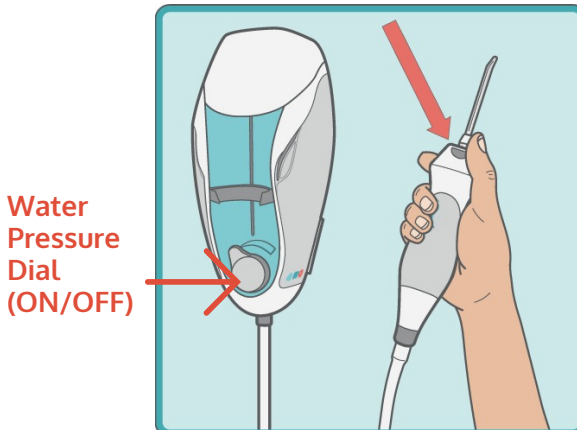
## 1 Direct water flow from the showerhead to the ToothShower:

- You choose how much water flows to the showerhead, the ToothShower, or both with the Water Diverter Valve Handle. **Water will always be flowing to the appliance with the Water Diverter Valve, this is an intentional design.**



## 2 Insert accessory tip

- Lock the accessory tip into place by pushing down on the accessory and listening for a click sound.
- Gently tug on the accessory to confirm it is locked into place.



**Caution: To avoid injury, turn Water Pressure Dial all the way to the left (OFF position) prior to turning on the shower.**

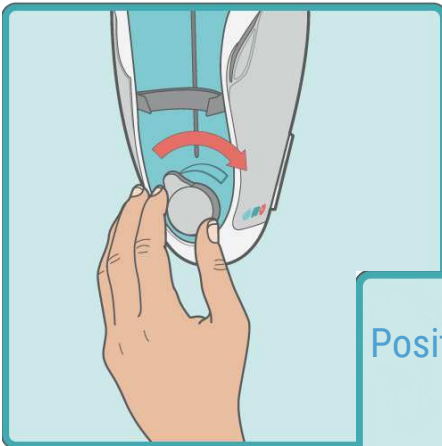


### 3 Adjust Water Pressure Dial to desired setting:

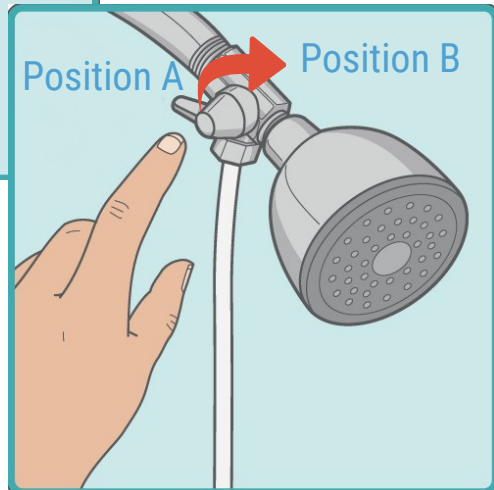
- Confirm desired water temperature at shower plumbing controls.
- Place the accessory into your mouth and increase the water pressure as desired by turning the Water Pressure Dial clockwise.
- Dial turned all the way to the left is the OFF position, as illustrated.



**NOTE:** YOU MAY CHOOSE TO GO BACK TO STEP 1 AND ADJUST THE WATER FLOW BETWEEN THE SHOWERHEAD AND THE TOOTHSHOWER, AS MOST OF THE WATER PRESSURE IS CONTROLLED BY THE **WATER DIVERTER VALVE HANDLE**.



Both the Water Pressure Dial and Water Diverter Valve Handle can be used to control water pressure to the appliance. Diverting more water to the ToothShower (Position B) and less to the showerhead will increase available pressure to your accessory tips.

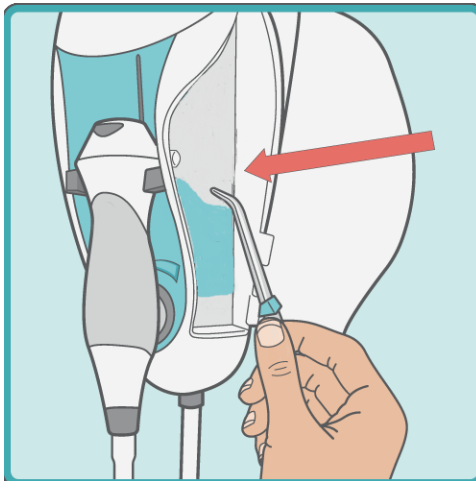


**Caution:** Do not press the Accessory Release Button while water is flowing through the ToothShower.



## 4 Remove and store accessory tip:

- Turn the Water Pressure Dial to the OFF position.
- Press the Accessory Release Button to remove the accessory tip.
- Place the accessory into one of the storage compartments.
- It is recommended to keep the storage doors open to allow the accessories to dry when your shower is complete.



**Caution: Water Pressure Dial should be in the OFF position before removing the accessory and the shower water should be turned off, at its source, when your showering is complete.**



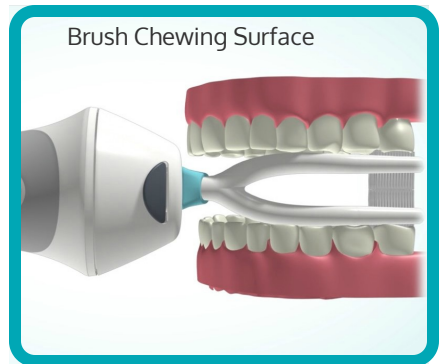
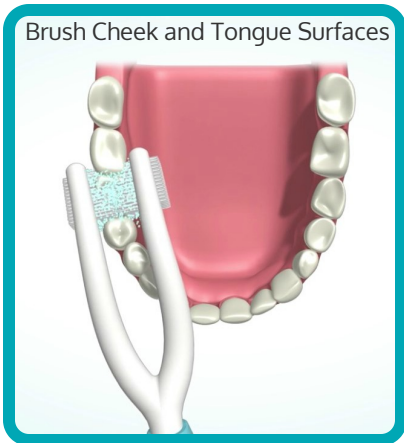
## BRUSH. FLUSH. MASSAGE.

**Irrigating Dual-Headed Toothbrush** - the cheek and tongue surfaces of the teeth are brushed simultaneously.

1. Place the Dual-Headed Toothbrush with the teeth straddled between the brush heads.
2. Brush both the cheek and tongue tooth surfaces with a circular motion reaching down into the gumline.
3. To clean the chewing surface of the teeth, use the bristles (on the backside of the brush head) with a back-and-forth motion.

Replace Dual-Headed Toothbrush every 3 months.

**Toothpaste:** Place fluoridated toothpaste on the side of the dual-headed toothbrush heads, and begin brushing. When ready to rinse, turn the Water Pressure Dial to the ON position to flush the fluoridated toothpaste off while brushing.





**Standard Irrigating Tip** - functions as a water pick, cleans tough-to-reach spaces between the teeth and/or around braces and implants.

1. Place the Standard Irrigating Tip at a 90-degree angle to the teeth, and move along the gumline and between the teeth.
2. The Standard Irrigating Tip can be used to flush from the cheek side and tongue side between the teeth spaces (interproximal) .
3. Spend a few seconds per interproximal space to ensure maximum cleanliness.

Replace Standard Irrigating Tip every 6 months.



**NOTE: START AT THE LOWEST WATER PRESSURE SETTING ON THE WATER PRESSURE DIAL. WORK UP TO A STRONGER PRESSURE AS YOUR GUMS ARE COMFORTABLE.**





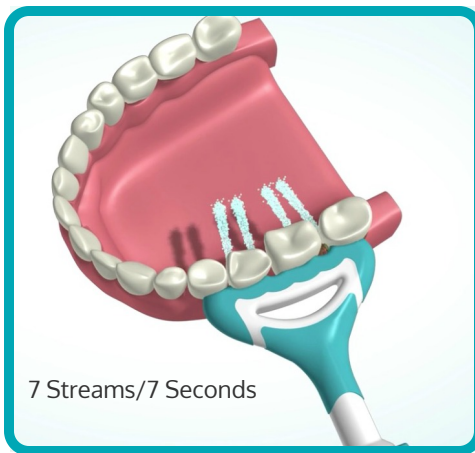
**Irrigating Gum Massager** - flushes between multiple teeth and/or braces at one time while massaging gum tissue.

1. Using the Water Diverter Valve Handle, divert all of the water flow to the appliance with no water flow to the showerhead, this will increase the water pressure to the 7 streams.
2. Place the Irrigating Gum Massager as close to or pressing against your gum tissue as comfortable, from the cheek side of teeth, for a water massaging effect.
3. Massage and irrigate in a circular motion along the upper and lower arches, taking about 7 seconds to clean the entire mouth.

Replace Irrigating Gum Massager every 6 months.



**NOTE: THE IRRIGATING GUM MASSAGER WORKS AT ITS BEST CAPACITY WHEN ALL OF THE WATER FLOW IS DIRECTED TO THE TOOTHSHOWER.**







## 1. Clean the exterior and storage compartments

- Wipe the exterior and storage compartments of the ToothShower with a soft cloth and mild non-abrasive cleanser. Entire appliance can be cleaned by soaking in a bucket with a mixture of bleach and water or vinegar. Do not mix vinegar and bleach.

## 2. Clean the accessories and handle

- All accessories and the handle can be cleaned by soaking in mouthwash or vinegar in a tall container. Any unused accessories should be stored outside of the ToothShower storage compartments in a dry place.

## 3. Clean the screen located in the Water Diverter Valve

- Clean the washer/screen located in the Water Diverter Valve at least once a year, or whenever you notice a drop in water pressure from your appliance.

## 4. Clean the Water Supply Tubing

- a. Remove the appliance handle from Magnetic Cradle and allow it to hang freely towards the shower floor with no accessory tip inserted.
- b. Turn Water Pressure Dial all the way to the right to fully open with shower water turned off.
- c. Disconnect the Water Supply Tubing from the Appliance Connection at the diverter valve (**keep included white washer in a safe place**) and let the water drain out towards the shower floor.
- d. Hold the Water Supply Tubing upright and pour mouthwash or vinegar down the Water Supply Tubing.
- e. Allow the mouthwash or vinegar to run through the appliance, out the handle, and down the drain.
- f. Reattach the Water Supply Tubing to the Appliance Connection at the diverter valve after inserting the included white washer.
- g. Wait 5-7 minutes, turn the water on, and allow it to run through the appliance.

## 5. Care of appliance during periods of inactivity (2 weeks or more)

- a. Follow option 4 above: Clean the Water Supply Tubing.
- b. If removing the appliance from the shower, make sure it is completely dry before storing. To do this, open the Water Pressure Dial, disconnect the Water Supply Tubing, and allow the tubing to hang freely.
- c. Dangle the appliance handle toward the shower floor to drain remaining water out of the appliance.
- d. Do not store the appliance in a damp environment while unused.

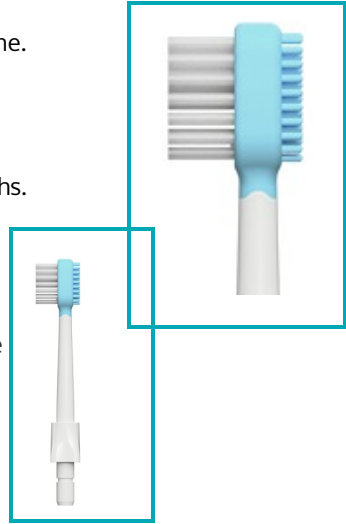


**Irrigating Single-Headed Toothbrush** - irrigating toothbrush with one brush head for traditional use.

- Brush in a circular motion to brush along the gumline or at a 45-degree angle to the gumline.
- Bristles on the back of the brush head can be used to brush your tongue.

Replace Single-Headed Toothbrush every 3 months.

**Toothpaste** - place fluoridated toothpaste on the head of the toothbrush, and begin brushing. Once complete, the Water Pressure Dial can be turned on to flush the toothpaste off while brushing.



**Irrigating Sensitive-Gum Tip** - functions as a water pick, cleans tough-to-reach spaces between the teeth and gums with a soft, pliable tip that can be placed directly on the sensitive gum tissue.

- Start with low water pressure and increase gradually. Place the tip at a 90-degree angle to the teeth, and move along the gumline and between the teeth.
- Use the Irrigating Sensitive-Gum Tip to flush the spaces between teeth from the cheek side and tongue side. Spend a few seconds per space to ensure maximum cleanliness.

Replace Irrigating Sensitive Tip every 3 months.

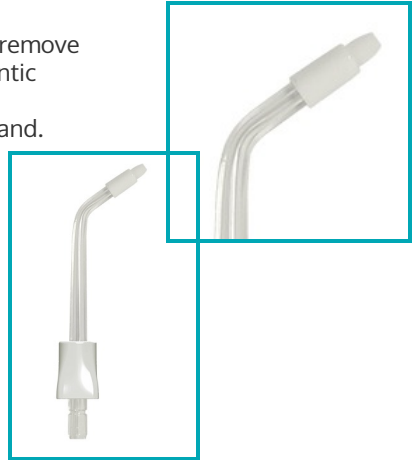




**Irrigating Orthodontic Brush** - irrigating tip with a small, dense brush head to flush and brush around orthodontic bands, implants or other tough to reach spaces.

- Use the Irrigating Orthodontic Brush to remove food and bacteria from around orthodontic bands or tough to reach spaces.
- Spend a few seconds per orthodontic band.

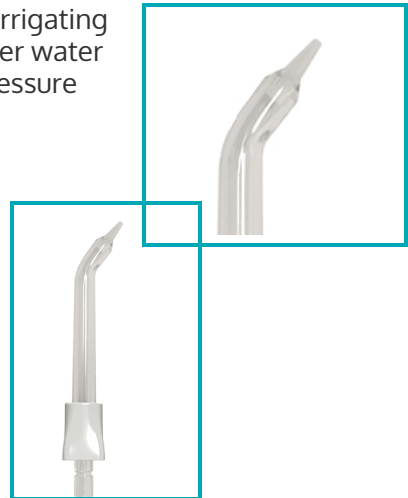
Replace Irrigating Orthodontic Brush every 3 months.



**Irrigating Periodontal Pocket Tip** - irrigating tip with a pliable, pointed tip to deliver water into a periodontal pocket at a low pressure setting.

- Place the tip into the periodontal pocket at a 45-degree angle.

Replace Irrigating Periodontal Pocket Tip every 3 months.



**NOTE: THE PERIODONTAL POCKET TIP IS RECOMMENDED TO BE USED AT THE LOWEST WATER PRESSURE SETTING.**



All Accessories are available in four colors



### Console falls off the wall

- Be sure to clean the surface of the shower wall with rubbing alcohol, allow to dry, and wait 24 hours for the adhesive strips to set for optimal adhesive effectiveness.
- If 3M Command Bath Adhesive Strips do not hold the console to the wall, another double-sided exterior, adhesive tape can be used (such as Gorilla® outdoor double-sided tape)
- If shower tile wall is too porous, example: Travertine Tile, the wallplate can be screwed into the grout line. The wallplate has screw holes for mounting.

### Diverter valve leaking

- Make sure all old plumbers tape is removed before applying new plumber's tape. The black screen washer may wear down over time and need to be replaced.
- If leaking occurs after hand-tightening, use an adjustable wrench with a soft cloth to protect the metal finish. Be careful to not over-tighten.

### Accessory does not latch into handle

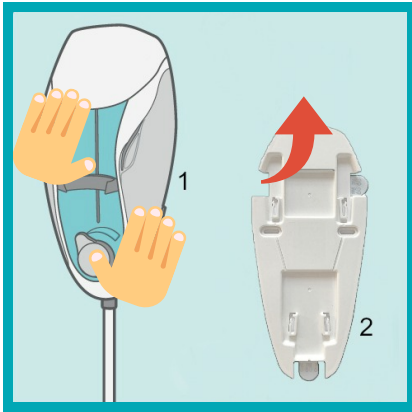
- Push down on the accessory tip and be sure to hear a click sound.
- Colored collar on accessory tip may need to be pushed up slightly for accessory to clearly latch in place. Rest the bottom edge of the collar onto a firm surface and push down on the shaft of the accessory, it should advance the collar upward to enable the accessory to latch in place on the handle.

### Low water pressure to appliance

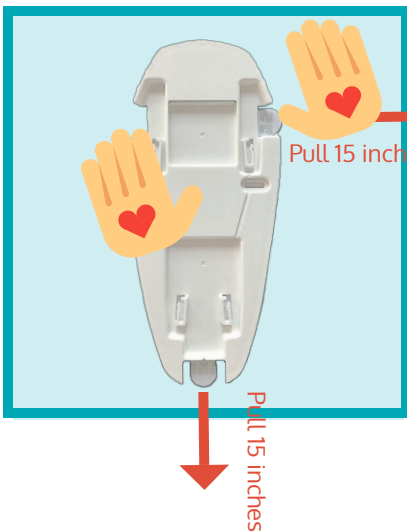
- Your household water pressure may be very low. For example a household with well water may need all of the water diverted to the ToothShower for more pressure while water flossing.
- Make sure the Water Pressure Dial is fully open by turning the dial all the way to the right. Divert all of the shower water to the appliance with the Water Diverter Valve Handle turned to position B on the diverter valve (see page 5).
- The diverter washer/screen can collect debris from the water line and reduce overall pressure. Unscrew diverter valve from shower plumbing pipe and clear out any debris captured by the washer/screen. Go back to page 8 to reinstall the diverter valve with clean plumber's tape.



## When you need to uninstall ToothShower:



1. Hold the appliance with two hands.
2. Slide the appliance straight up to unlock it from the wall plate hooks.



Hold the wall plate with one hand. With your other hand grab the adhesive pull tab and slowly pull straight along the wall. Stretch the adhesive strip along the wall at least 15 inches to release.

To Reinstall: Use two 3M **Bath** or **Outdoor** (water resistant) Command Strips in size large.



**NOTE: DO NOT PULL THE ADHESIVE STRIPS TOWARD YOU OR AWAY FROM THE WALL AT ANY ANGLE.**

## Limited One Year Warranty



ToothShower, LLC warrants that this product is free from defects in materials and workmanship for 1 year from the date of purchase to the original purchaser only. Purchaser will be required to submit the original purchase receipt as proof of purchase date and the entire product to support a warranty claim. The product cannot have been abused, misused, altered or damaged after purchase and must have been used only according to ToothShower, LLC instructions with accessories or consumable parts approved by ToothShower, LLC. ToothShower, LLC will replace at its discretion any part of the product, which in its opinion is defective. Installation is the responsibility of the consumer and is not covered by the warranty. Consumable parts such as tips and brush heads are not covered by this limited warranty. This warranty gives you specific legal rights and you may have other rights that vary, depending on the law in your place of residence.

### Arbitration

#### **BINDING ARBITRATION AND WAIVER OF RIGHT TO ASSERT MATTERS IN COURT AND RIGHT TO JURY TRIAL**

By purchasing, installing, or using this product you agree that any controversy or claim arising out of or relating to your purchase, use, modification, installation, or removal of this product shall be settled by binding arbitration. The arbitrator's decision will be final and binding. Judgment on the award rendered by the arbitrator may be entered in any court having jurisdiction over the matter. Further, you agree that you will not have the right to litigate any claim arising out of or in relation to your purchase, use, modification, installation, or removal of this product in any court or to have a jury trial on that claim. Arbitration of any matters shall be administered by the American Arbitration Association and conducted by one arbitrator in accordance with the consumer arbitration rules of the American Arbitration Association in effect at the time of filing of the demand. The venue for all such arbitrations shall be Pennsylvania and any such arbitration shall be subject to the Federal Arbitration Act and Pennsylvania law.

#### **WAIVER OF RIGHT TO PARTICIPATE IN CLASS ACTIONS OR PURSUE CLAIMS IN A REPRESENTATIVE CAPACITY.**

Further, by purchasing, installing, or using this product you agree that arbitration must be on an individual basis. This means neither you, nor we, may join or consolidate claims in arbitration by or against other purchasers or users of ToothShower products or the general public. Additionally, you may not litigate in court or arbitrate any claims as a representative or member of a class or in a purported representative capacity on behalf of the general public, other purchasers or users of this product, other persons or entities similarly situated, or in a private attorney general capacity.

ToothShower®

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