



Manuals.plus /

› Oral-B /

› Oral-B Healthy Clean 40 Soft Toothbrush User Manual

Oral-B Oral-3187

Oral-B Healthy Clean 40 Soft Toothbrush User Manual

Model: Oral-3187

INTRODUCTION

This manual provides essential information for the proper use and care of your Oral-B Healthy Clean 40 Soft Toothbrush. Designed for effective plaque removal, this toothbrush promotes healthy teeth and gums.

PRODUCT FEATURES

- **Gentle End Rounded Bristles:** Designed to clean teeth effectively without causing irritation to gums.
- **Slim Handle:** Ergonomically designed for comfortable grip and compatibility with most toothbrush holders.
- **Promotes Healthy Teeth and Gums:** Aids in basic plaque removal for improved oral hygiene.
- **Pack Contents:** Each package contains 3 soft bristle toothbrushes.



Image 1: Front view of the Oral-B Healthy Clean 40 Soft Toothbrush 3-pack packaging, showing three blue-handled toothbrushes with soft, end-rounded bristles.

SETUP

The Oral-B Healthy Clean 40 Soft Toothbrush is ready for immediate use upon removal from its packaging. No assembly or charging is required.

1. Remove the toothbrush from its protective packaging.
2. Rinse the bristles under running water before first use.

OPERATING INSTRUCTIONS

For optimal oral hygiene, follow these guidelines when brushing your teeth:

- Apply a pea-sized amount of toothpaste to the bristles.

- Hold the toothbrush at a 45-degree angle to your gums.
- Gently move the brush back and forth in short strokes across the front, back, and top (chewing surface) of your teeth.
- Brush all surfaces of your teeth, including the inside surfaces of your front teeth using an up-and-down motion.
- Brush your tongue gently to remove bacteria and freshen breath.
- Brush for at least two minutes, twice a day, or as recommended by your dental professional.

MAINTENANCE AND CARE

Proper care extends the life of your toothbrush and maintains hygiene:

- After each use, rinse your toothbrush thoroughly under running water to remove any remaining toothpaste and debris.
- Store your toothbrush upright in a holder, allowing it to air dry. Avoid covering it or storing it in a closed container, which can promote bacterial growth.
- Dentists recommend changing your toothbrush every 3 months, or sooner if the bristles become frayed or worn. Worn bristles are less effective at cleaning.

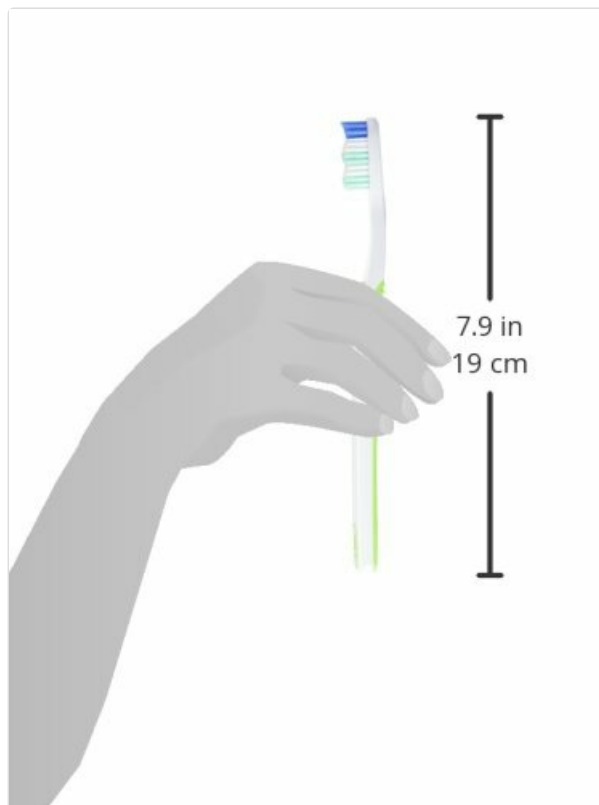


Image 2: Side profile of an Oral-B Healthy Clean toothbrush, illustrating its approximate length of 7.9 inches (19 cm).

SAFETY INFORMATION

Please observe the following safety guidelines:

- This product is **not intended for children 3 years and under**.
- Replace the toothbrush every 3 months to ensure effective cleaning and hygiene.
- Do not chew on the bristles or toothbrush handle.
- If you experience any discomfort or bleeding gums, consult your dental professional.

TROUBLESHOOTING

Manual toothbrushes are generally simple to use. If you encounter issues, consider the following:

- **Bristles wearing out quickly:** This may indicate brushing too hard. Apply less pressure during brushing. Ensure you are replacing your toothbrush every 3 months.
- **Ineffective cleaning:** Ensure you are brushing for the recommended two minutes and covering all tooth surfaces. Consider consulting a dental professional for proper brushing techniques.

SPECIFICATIONS



Image 3: Back of the Oral-B Healthy Clean 40 Soft Toothbrush packaging, displaying key features, manufacturing details, and UPC barcode.

Product Specifications

Brand	Oral-B
Model Number	Oral-3187
UPC	300410103187
Bristle Firmness	Soft
Age Range	Adult
Power Source	Manual
Product Dimensions	4.12 x 0.66 x 8.66 inches; 2.72 ounces
Manufacturer	Procter & Gamble - HABA Hub

WARRANTY AND SUPPORT

For product inquiries, oral care information, or support, please contact Procter & Gamble, the manufacturer of Oral-B products.

- **Manufacturer:** Procter & Gamble, Cincinnati, OH 45202
- **Website:** www.OralB.com
- **Phone:** 1-800-56-ORALB (1-800-566-7252)

Dentists recommend changing your brush every 3 months. Please refer to product labels for additional information.