

# Propel Instructions & Information

## How to use the Propel device:

1. Charge the Propel device fully prior to first use.
2. Connect the mouthpiece to the vibration device. Confirm that the vibration device feels secure and stable before inserting the mouthpiece into mouth.
3. Depress the button location on the vibration device to activate the vibration session.
4. The vibration device is intended to be used for a total of 5 minutes per day in a single session. The vibration will function for 5 minutes per use and will automatically shut off afterward.
5. Gently wipe mouthpiece after use and keep the mouth piece attached to the vibration device to ensure you are not connecting and disconnecting the mouthpiece.

## Charging the Propel device:

- When charging the device will slowly blink blue.
- The vibration device will blink red intermittently when it is a low battery.
- The recommended charging time is once a week.

## Tips to use the Propel device:

- At night, brush your teeth and aligners, prior to going to bed use the propel device for 5 minutes.
- Keep the mouthpiece and vibration device connected - there is less chance of it breaking.

If you have any further questions please do not hesitate to call our office on 07 5593 3733.