

Please read Warning before using. Our recommendation is to replace Neti Pot every three months.

USE ONLY AS DIRECTED, IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL. ALWAYS READ THE LABEL.

IMPORTANT: NeilMed® SINUS RINSE™ Mixture Packets should be used with NeilMed® 240 mL (8 fl oz) NASAFLO® to achieve the best results. You may use NeilMed® packets with other irrigation devices, as long as you mix with the correct volume of water. Our recommendation is to replace Neti Pot every three months.



Step 1

- **Step 1** Please wash your hands and rinse the device. Fill the NASAFLO® with 240 mL (8 fl oz) of lukewarm distilled, filtered or previously boiled water. Please do not use tap or faucet water to dissolve the mixture unless it has been previously boiled and cooled down. You may warm the water in a microwave, but we recommend that you warm it in increments of 5 to 10 seconds to avoid overheating, damaging the device or scalding your nasal passage.



Step 2

- **Step 2** Cut the SINUS RINSE™ mixture packet at the corner and pour contents into the pot. Tighten the lid on the device securely. Place one finger over the hole of the cap and shake the device gently to dissolve the mixture.



Step 3

- **Step 3** Standing in front of a sink, bend forward to your comfort level and tilt your head to one side. Keeping your mouth open, and without holding your breath, apply the tip of the device snugly against your nasal passage and **ALLOW THE SOLUTION TO GENTLY FLOW** until the solution starts draining from the opposite nasal passage. Use roughly half the solution in the NASAFLO® (120 mL / 4 fl oz). It should not enter your mouth unless you are tilting your head backwards. To adjust or stop the flow, you may place your finger over the hole of the cap, and depending on the seal, you may be able to control the flow.

- **Step 4** Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution will reach the back of your throat, so please spit it out. For NASAFLOR users, to help drain any residual solution, blow your nose gently while tilting your head forward and to the same side of the nasal passage you just rinsed.
- **Step 5** Now repeat steps 3 & 4 on your other nasal passage. If there is any solution left over, please discard it. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily OR as directed by your physician.

Saline is considered safe.

The U.S. FDA is recommending that common cough and cold over the counter medicines not be given to babies and toddlers, and that antihistamines should not be given to children under age 6. NeilMed® NASAFLOR: Please clean with soap & water and let air dry.

Tips To Avoid Ear Discomfort While Rinsing

- If you have had ear surgery, please contact your physician prior to irrigation.
- Do not use if you have an ear infection or blocked ears.
- Rinse with lukewarm distilled, filtered or previously boiled water.
- Keep your mouth open.
- Do not hold your breath while rinsing.
- While rinsing, make sure to tilt your head as shown in the photo below.
- Gently squeeze the bottle while rinsing; do not squeeze the bottle very forcefully.
- Stop the rinse if you feel a sensation of fluid near your ears.
- **Most importantly, always blow your nose very gently.**

To Avoid Unexpected Drainage After Rinsing: In rare situations, especially if you have had sinus surgery, the saline solution can pool in the sinus cavities and nasal passages and then drip from your nostrils hours after rinsing. To avoid this harmless but annoying inconvenience, take one extra step after rinsing: lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and remaining saline solution. If you find yourself experiencing delayed drainage often, do not rinse right before leaving your house or going to bed.

Caution against using homemade salt mixtures with NeilMed® medical devices: Homemade solutions may have incorrect concentrations, leading to inadequate relief or even nasal congestion. Additionally, storebought table salt and baking soda are not pharmaceutical grade compounds for medical use and may contain impurities.

The NeilMed® SINUS RINSE™ system is a large volume nasal rinse that will deliver 120mL to 240mL(8 fl oz) of saline solution into the nasal passages. Adding one blue packet of NeilMed

SINUS RINSE™ to 240mL(8 fl oz) of water will make an Isotonic saline solution (Hypertonic with 2 or more packets) that is pH balanced and preservative free.

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