

NeilMed®

ALL NATURAL



DIRECTIONS FOR SINUS RINSE™ AND SINUFLO® READYRINSE®

Please read Warnings on page 4 before using the product.
Replace the bottle every 3 months.

Step 1: Please wash your hands. Fill the clean bottle with the designated volume of **distilled, micro-filtered (through 0.2 micron filter)**, reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water.

You may warm the water in a microwave in increments of 5 to 10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage.

Step 2: Cut the **SINUS RINSE™** mixture packet at the corner and pour its contents into the bottle. Tighten the cap and tube on the bottle securely. Place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture. Always rinse your nasal passages with **NeilMed® SINUS RINSE®** packets only.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. **SQUEEZE BOTTLE GENTLY** until the solution starts draining from the **OPPOSITE** nasal passage. Some may drain from your mouth. For a proper rinse, keep squeezing the bottle **GENTLY** until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the bottle is used. Do not swallow the solution.

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. To help drain any residual solution, blow your nose gently while tilting your head forward and to the opposite side of the nasal passage you just rinsed.

Step 5: Now repeat steps 3 and 4 for your other nasal passage. Most users find that rinsing twice a day is beneficial, similar to brushing your teeth. Many doctors recommend rinsing 3-4 times daily or for special circumstances, even rinsing up to 6 times a day is safe. Please follow your physician's advice.

Step 6: Clean the bottle and cap (see directions on page 5). Air dry the **SINUS RINSE™** bottle, cap, and tube on a clean paper towel, a lint free towel, or use **NeilMed® NasaDOCK®** or **NasaDOCK® plus** (sold separately) to store the bottle, cap and tube.

DIRECTIONS FOR SINUFLO® READYRINSE®

Step 1: If using premixed **SINUFLO®**, remove the cap and safety seal from the bottle. Warm the solution, as in Step 1 above.

Step 2: Tighten the cap and tube on the bottle securely.

Step 3: Follow steps 3 to 6 above. If there is any solution left over, please discard. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily, or as directed by your physician.

SINUFLO® READYRINSE® is a reusable bottle that should be replaced every 3 months.

US Pat. Nos. 6,520,384/6,669,059; CAN Pat. No. 2,443,970; UK Pat. No. 2335759; AUS Pat. No. 2002259029; NZ Pat. Nos. 529149/534051; BRA Pat. Nos. PI0209268-9/BR 122013027798-6; SPA Pat. No. 2335759; GER Pat. No. 60244234.6; MX Pat. No. 247713; IND Pat. No. 263668; TUR Pat. No. TR201302841 T4

The design of the Sinus Rinse™ bottle is a registered US Trade Dress of NeilMed®

DIRECTIONS FOR NASAFLO® NETI POT

Please read Warnings on page 4 before using the product.

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.

Replace Neti Pot every 3 months.

Step 1: Please wash your hands and rinse the device. Fill the NASAFLO® with 240 mL (8 fl oz) of micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water. You can store boiled water in a clean container for seven days if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.



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: 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 in the cap and shake the device gently to dissolve the mixture. Always rinse your nasal passages with NeilMed® SINUS RINSE™ packets only.



Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head to the left. Keeping your mouth open, and without holding your breath, apply the tip of the device snugly against your right 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. To help drain any residual solution, blow your nose gently while tilting your head forward and to the right side (helps empty left maxillary sinus).

Step 5: Now repeat steps 3 and 4 on your opposite or left nasal passage by tilting your head to the right during irrigation and tilting to the left side for emptying out the maxillary sinus.

If there is any solution left over, please discard. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily OR as directed by your physician.

NASAFL®: Cleaning Directions:

Please refer to page 5.



If you have any questions, please see page 31 to find the nearest regional office to call or visit our website.

Introducing SQUEEZIE®

SQUEEZIE®:

Directions, Cleaning and Disinfecting similar to SINUS RINSE™ and NASAFL® Neti Pot.



Use with NeilMed® sachets covered by US Pat. Nos. 9,623,170/8,845,598/6,520,384/6,669,059. Squeezie® is covered by US Pat. No. D744,343

The design of the neti pot is a registered US Trade Dress of NeilMed®

DIRECTIONS FOR SinuGator® Cordless Pulsating Nasal Wash

Please read Warnings on page 4 before using the product.

SinuGator® Cordless Pulsating Nasal Wash



The NeilMed® SinuGator® Cordless Pulsating Nasal Wash™ is an easy to use system that allows you to deliver saline solution with positive and pulsatile pressure to clean the nasal passages thoroughly. The new dual motor model allows users to choose from high or low speeds of pulsatile irrigation to better suit their needs and preferences.

Step 1: Please wash your hands. Fill the clear blue reservoir with 240 mL (8 fl oz) volume of distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled down water. You can store boiled water in a clean container for seven days if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature.

For your comfort, you may warm the water in a microwave in increments of 5 to 10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage.

Step 2: Cut the SINUS RINSE™ mixture packet at the corner and pour its contents into the blue reservoir of the SinuGator®. Place the white motor unit over the blue reservoir and rotate until locked. Swirl the unit thoroughly to dissolve the mixture. Always rinse

your nasal passages with NeilMed® SINUS RINSE™ packets only.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the tip snugly against your right nasal passage or nostril. Press the blue power button until the solution starts draining from your left nasal passage. If using the two speed model, we suggest that you begin with the low pressure and increase to the higher pressure if needed. Depending on your head position, residual solution may drain from your mouth. We suggest to spit it out, however, there is no harm if the solution is accidentally swallowed. For a proper rinse, keep pressing the power button until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the solution is used for one nostril. Stop pressing the power button if you feel any discomfort, pain or pressure during the irrigation.

Step 4: Blow your nose very gently, without pinching your nose completely to avoid pressure on your 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.

Step 5: Now repeat steps 3 and 4 for flushing your left nasal passage or nostril.

SinuGator®: Cleaning Directions: Please refer to page 5.



⚠ WARNING

Do NOT place the white motor unit in microwave for disinfection. Because of the unit's stainless steel components, this can cause damage or fire hazards.