



Dimensions

26cm (L) x 5cm (D)

- NO BATTERIES OR CORDS NEEDED. EASY TO CARRY ON TRAVEL, SUPER LIGHTWEIGHT PORTABLE.
- NASAL IRRIGATION AND SINUS RINSE.
- COMES WITH 2 NASAL TIPS MADE FROM SOFT SILICONE
- SIMPLY FILL BOTTLE WITH WATER, INSERT TIP INTO NOSTRIL AND PRESS BUTTON TO RELEASE WATER WHICH WILL FLOW THROUGH THE NASAL PASSAGE

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Warning

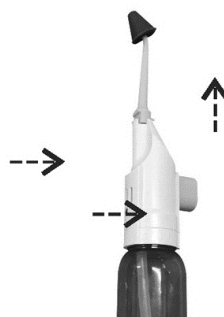
- If you have had nasal cavity surgery, oral or dental surgery in the previous 2 months, consult your surgeon or dentist before using this appliance.
- For nasal cavity rinsing the appliance should be used in “soft mode”.
- For oral rinsing to not direct the water directly onto the tongue, ear, nose or other sensitive areas. The high pressure may cause serious damage to these parts.
- Children should be supervised and not play with this device.

If you have any nasal diseases please consult your GP before using the nasal rinsing function.

Inserting and Removing Nasal nozzle



1. Insert the nozzle into the nozzle socket. Insert it securely until it clicks into place.



2. To remove the nozzle from the device press the release button and pull nozzle from it at the same time.

Recommended Technique

For nasal cavity irrigation

- Fill with warm salt water.
- Use over a washbasin. Place nozzle into one nostril. Push the button once to let the warm salt water rise up one nostril and come out from the other nostril. Repeat if required then do the same with the other nostril.

For oral rinsing

- Remove nasal tip
- Do not touch teeth or gums
- Fill with warm water
- Use over a washbasin. Do not put the nozzle against your teeth or gums tightly as this may injure your gums. Push the button to rinse.

CARE AND CLEANING INSTRUCTIONS:

- Clean with a small amount of detergent and water. Rinse bottle and cap with water and wipe dry with a clean dry cloth. Ensure all parts are dried completely before next use.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PVC	 LDPE	 OTHER
Type of Plastic	Polyvinyl Chloride	Low Density Polyethylene	ABS
Commonly used for	Pipes, construction material, flooring, windows, guttering, plaster packs	Shopping bags, bread bags, squeeze bottles, stretch/pallet wrap, bubble wrap, multi-pack can holders	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Usually recyclable supermarket deposit points. Check other plastic films as any non-polythene film e.g. cling film, crisp packets film lids	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.



