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F A C I A L P L A S T I C S

How to use the NeilMed Sinus Rinse:

Step 1: Wash your hands to avoid contaminating the product

Step 2: Warm up distilled or previously boiled water until it is slightly warm. You can warm water up on the stove or in the microwave in a clean safe container. You should warm the water for 5 seconds at a time if using a microwave. It should be at body-temperature, or "lukewarm."

- Do not use water that is not micro-filtered, boiled, or distilled to rinse your sinuses. Tap water may contain microorganisms that could cause illness.

Step 3: Fill the bottle with the designated amount of water. Your water line should be at the dotted fill line of the bottle.

Step 4: Cut open the mixture packet that came with the kit and pour contents into the bottle and tighten the cap.

Step 5: Place one finger over the tip and shake the bottle gently, this will allow the saline mixture to dissolve into the water.

Step 6: Bend forward over the sink to your comfort level, tilt your head down and breathe through your mouth, not your nose.

Step 7: Put the nozzle tip snugly against one of your nostrils. Keep your mouth open, because the mixture can drain from your mouth as well as the opposite nostril. This will also help reduce pressure on the ears.

Step 8: Squeeze the bottle gently to force the liquid into your nasal passages. Squeeze until the solution begins to drain from the opposite nostril.

Step 9: Squeeze the bottle until $\frac{1}{4}$ to $\frac{1}{2}$ is used in one nostril. You can use up to half the solution per nostril, but you should always use at least one-quarter of the solution for each.

Step 10: Repeat steps 6-10 for the other nostril.

Step 11: Discard any tiny amount of solution left over, never store leftover solution because it can breed bacteria.

Step 12: Disinfect the sinus rinse bottle. Rinse the cap, tube, and rinse the bottle with water. Then, add a drop of dishwashing detergent to the bottle and fill it with water. Put the cap on and shake the bottle well. Squeeze the soapy water through the cap. Use a bottle brush to scrub the bottle, cap, and tube. Rinse thoroughly with clean water. Air dry the bottle and nozzle on a clean towel or glass plate.