

## When to use the SinuCleanse® System.

# SinuCleanse®

For some people, using the SinuCleanse System is as routine as brushing their teeth. Others use it for specific purposes.

Suggestions for use:

- Start your day with the SinuCleanse System to breathe freely. It can be used either over the sink or in the shower.
- Use the SinuCleanse System to remove excess mucus when you are experiencing congestion or nasal drainage due to a cold or sinus infection.
- Use the SinuCleanse System during allergy season for clearer breathing and to wash pollen or other allergens from your nasal passages.
- Use the SinuCleanse System when you've been exposed to soot, dust, smoke, or other airborne irritants.
- Use the SinuCleanse System to soothe and moisturize your nasal passages in dry climates or in heated or air conditioned rooms.

## How to Mix the Solution.

The natural saline solution is an integral part of the SinuCleanse System, and provides soothing relief for congested nasal passages. Pre-mixed packets of dry ingredients are included.

Simply empty contents of one packet into the SinuCleanse pot. Fill pot with lukewarm water to the top of the SinuCleanse logo.

Stir ingredients **thoroughly** until completely dissolved and use.

Additional packets may be purchased from your SinuCleanse retailer or pharmacist, by calling 1-888-547-5492, or at [www.sinucleanse.com](http://www.sinucleanse.com).

## Directions for Use.

*Read through entire section before using SinuCleanse for the first time.*

The key to a comfortable nasal wash is holding your head in the proper position. Lean over the sink with your head bent down so you are looking directly into the basin. Holding the SinuCleanse pot in your right hand, gently insert the spout into your right nostril so that it forms a comfortable seal (*Figure 1*).

Breathe naturally with your mouth open. Rotate your head so that the right nostril is directly above the left (*Figure 2*). The forehead should remain higher than the chin. Raise the handle of the SinuCleanse pot so that the solution enters the right nostril. In a few moments, the solution will begin to drain out the left nostril into the sink.

When the SinuCleanse pot is empty, exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into a tissue. Refill the SinuCleanse pot with dry ingredients, add water and stir thoroughly to dissolve. Repeat the procedure on the other side.

Thoroughly clean the SinuCleanse pot after use.



Figure 1



Figure 2

### Hints for a More Comfortable Nasal Wash

If the solution is too warm or too cold, the nasal wash will be uncomfortable. Empty the SinuCleanse pot, adjust the water temperature so it is lukewarm, and try again. Solution entering the upper nostril should feel the same temperature as the body.

If stinging or irritation occurs, and the temperature of the solution is lukewarm, reduce strength of solution by one half (1/2 of dry ingredients packet per pot) and gradually work up to using the solution at full strength.

If you experience ear discomfort when using SinuCleanse, try to blow your nose more gently after the wash. If the problem persists, the openings of your Eustachian tubes may be particularly wide and SinuCleanse use may need to be discontinued.

Breathe continuously through the mouth when using SinuCleanse to avoid solution draining from the back of the nose into the mouth.

Some people experience irritation of the skin just inside the nostrils with repeated use of the SinuCleanse System. Applying a small amount of petroleum jelly to the inside of the nostril with a fingertip before or after the nasal wash will be soothing.

Especially with children, begin using SinuCleanse slowly. A full pot of solution on each side is not necessary to receive benefit.

SinuCleanse is effective whether used once, many times a day, or intermittently as problems arise.