

How to Use Nasal Atomizer



Step 1: Arrange materials from package. **Carefully read instructions** on prescribed medication label before continuing.

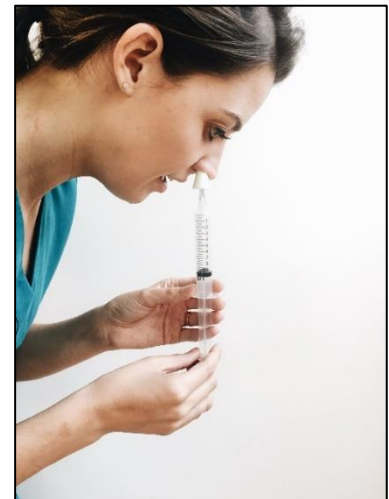
Disclaimer: Your package may not contain some products appearing in this picture.

Step 2: Add 10mL of medication to medicine cup and fill the syringe.



Step 3: Attach the nasal atomizer tip to the syringe by screwing on.

Step 4. Place the tip of the atomizer in the nostril. Press the plunger and gently spray half (5mL) of the medication into the nostril. Move the device over to the opposite nostril and repeat.



Cleaning:

1. Wash with warm, soapy water and rinse with clean water.
2. Allow to dry between each use.
3. If clogged, submerge tip in warm water and pull back on plunger to release clogged particles. Remove tip and empty syringe.

Refills: Don't forget, you may have refills! Simply text your name and prescription number to (910) 763-1896 to refill your prescription. Or ask us about auto-refills!

*Please fill out our Patient Survey found on our website under the contact menu.
We value your feedback.*

How to Make Saline for Sinus Irrigation



To Make One Gallon: (all ingredients available at a grocery store)

- 1 gallon of distilled water
- 8 teaspoons sea salt/canning/kosher salt
- 8 teaspoons baking soda
- Shake well

An alternative to the above:

- 1 gallon of distilled water
- #16 Neilmed Sinus Rinse Packets (available at the pharmacy)
- Shake well

The irrigation solution should be stored at room temperature. It should be used for irrigations at body temperature. Before irrigations, if needed, warm the solution by placing one cup of the buffered saline solution in the microwave for 20 – 30 seconds on high. Test the temperature of the solution by placing your finger in it. If the saline feels cool, it is too cold. If the saline feels warm, it is too warm. If you cannot tell, it is body temperature and is good to use.