

How to Use Res-Q-Rinse®

A big thank you for choosing Res-Q-Rinse®. Before first use, clean the product thoroughly. Before each use, look for any damage or discoloration in bottle, mouthpiece, nosepiece and tube. If discoloration is present, clean thoroughly by using the cleaning instructions on the reverse side of this sheet. If damage is present, replace the device.

Safety: Res-Q-Rinse® is not a toy. Please keep all parts away from children.

DON'T LIKE TO READ? CHECK OUT OUR NIFTY HOW-TO VIDEO AT RESQRINSE.COM.

1. Remove screw-top from bottle.

2. Add contents of Res-Q-Rinse® saline packet to bottle.

FIG 1



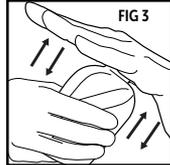
3. Add room temperature distilled or purified water ONLY. 10 fl oz (300mL) and 1 Res-Q-Rinse® saline packet = Isotonic. FIG 2

DO NOT USE TAP WATER WITH THIS DEVICE.



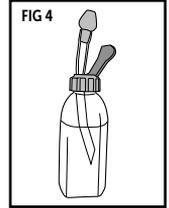
4. Cover bottle top with palm of hand and shake gently to fully dissolve saline powder.

FIG 3



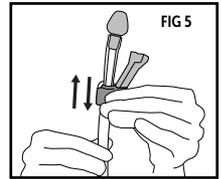
5. Replace screw-top and align mouthpiece with back of bottle. FIG 4

DO NOT TWIST, ATTEMPT TO BEND OR PULL ON MOUTHPIECE. BREAKAGE MAY OCCUR.

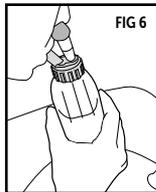


6. Align and position mouthpiece and nosepiece:

- Adjust tube up or down as needed. Note, nosepiece should create a firm seal inside nostril, but without stretching. FIG 5
- Cup lips around mouthpiece and position nosepiece just inside nostril opening.



7. Lean slightly forward over sink to allow saline solution to drain into basin. FIG 6



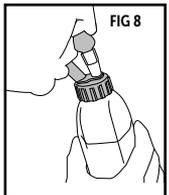
8. Seal lips over mouthpiece, tilt head away from bottle, then gently squeeze bottle and begin blowing through mouthpiece to initiate flow of saline solution. Do not blow as hard as you can, just enough to create a steady flow. FIG 7

DO NOT USE IF NASAL PASSAGES ARE COMPLETELY BLOCKED.



9. Continue blowing as solution flows up through nosepiece, through nasal cavity and out opposite nostril into sink or wherever you choose to rinse. Pressure of flow is controlled by force of blowing. Use about half of saline solution, or 5 ounces, per nostril. FIG 8

PRO TIP: RINSING IN THE SHOWER WORKS GREAT. THE NEIGHBOR'S FLOWERBED? SURE. WHY NOT?



10. Repeat for opposite side as needed.

IMPORTANT: DO NOT USE TAP WATER WITH THIS DEVICE. USE DISTILLED OR PURIFIED WATER ONLY.



Rinse. Breathe. Live.™

How To Clean Res-Q-Rinse®

Clean the Res-Q-Rinse® device thoroughly after every use. Replace the device every three months, or anytime it appears damaged or discolored and cannot be successfully cleaned. Clean Res-Q-Rinse® bottle, mouthpiece, nosepiece and tube with **DISTILLED OR PURIFIED WATER ONLY**. Never use tap water with the Res-Q-Rinse® device, unless it has been thoroughly boiled and cooled. Do not clean the device in boiling water or in the dishwasher.

1. Empty any remaining solution from bottle.
2. Pour distilled or purified water over bottle, mouthpiece, nosepiece and tube to rinse.
3. Add a drop of liquid dishwashing detergent to bottle and fill partway with distilled or purified water. Concentrated white vinegar or isopropyl alcohol (99% concentration) may be used in place of detergent.
4. Replace bottle cap and tube setup.
5. Use palm of hand to cover openings in nosepiece and mouthpiece, then shake bottle vigorously.
6. Uncover openings and squeeze bottle so that soapy water flushes through tube.
7. Remove nosepiece and clean separately with preferred cleaner. Completely rinse bottle and nosepiece thoroughly with distilled or purified water. Replace when tube and nosepiece are dry.

For Individual Use Only. Don't share – that would be gross.

It is important to keep the Res-Q-Rinse® device clean and free from contaminants. Replace bottle after three months. Visit website for subscription options.

About Our Saline

Simply put, nasal rinsing works. And at SinOptim we take great pride in our simple, all-natural saline formulas. Every Res-Q-Rinse® saline packet provides a gentle isotonic saline solution that is perfectly pH balanced for our bodies.

Directions: Use 1-2 packets per 10 fl oz (300 mL) or as directed by physician.
Isotonic = 1 packet Hypertonic = 2 or more packets

Note: Fill lines on the Res-Q-Rinse® bottles are approximations. Due to manufacturing variation, for a precise mixture, measure water before adding to bottle. This also applies if using another manufacturer's 8 fl oz saline packet.

Questions? Learn more at www.ResQRinse.com or contact us directly at 1.800.707.1414.

Safety: Res-Q-Rinse® is not a toy. Please keep all parts away from children.

This product is latex-free.



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