

vive®
NASAL RINSE

Owner's Manual
LVA2042



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OVERVIEW

The Vive Nasal Rinse is a rinsing tool that provides a natural aid for sinus and nasal health. It can help decongest and drain nasal passages by rinsing out dirt, dust, and pollen, resulting in reduced sinus pressure.

We are constantly answering questions and recording helpful videos to make using your Vive Nasal Rinse as easy as possible. Check out the included link and QR code to help you through the process.



To see all of the FAQs in one place
visit vhealth.link/3kz

WHAT'S INCLUDED

- (A) 1x Nasal Irrigator Main Body
- (B) 1x Temperature strip pack
- (C) Tip attachment
- (D) Tips
 - 1x Rinse head (3 holes)
 - 1x Single hole rinse head (1 hole)
- (E) Nasal salt rinse (30 mixture packets)



INSTRUCTIONS FOR USE

Before Use:

- Only use distilled water
- Do NOT use this product in any other orifice. The product and its components, including the nasal rinse salt, are intended to ONLY be used with the nose.
- Only use provided nasal rinse salt or other authorized nasal rinse salt packets. NEVER use pure water or table salt to wash the nose.
- Do not speak or breathe through the mouth when using the product to avoid causing coughing.
- Check the expiration date of the nasal rinse mixture before adding to the water.

IRRIGATOR SETUP



For video demonstration
check out vhealth.link/81r

1. Pour a packet of 2.7 g. nasal rinse salt into the bottle with distilled water that is between 98.6 and 104° F. The bottle should be filled up to the 300 mL mark.



- a. Optional: You may use the included thermometer strips to obtain a temperature reading of the water inside your Nasal Rinse bottle. This reading should be used as a reference.



NOTE: You may also use a household thermometer to obtain a temperature reading.

2. Once the bottle has been filled to the 300 mL mark, attach the white rinse tip holder by screwing clockwise.



3. Choose your desired irrigator tip. Plug the chosen irrigator tip into the end of the white rinse tip holder.



a. For children aged 5-12, the slow-flow rinse head is preferred.

b. For adults, the single-hole rinse head is preferred.



NASAL RINSING



For video demonstration check out vhealth.link/lnp

1. Lean forward, lower your head, and slightly tilt your head to one side.
2. Hold the bottom of the Nasal Rinse, invert, place the tip to your upper most nostril, open your mouth slightly, breathe with your mouth. Do not breathe through your nose.



3. Press the button on the bottom of the bottle to begin the water flow.



4. Once you are satisfied with your rinse, press the button again to stop the flow of water.
5. After washing your nasal passages, wipe your nose with a clean cloth or paper towel.
6. After use, rinse all components thoroughly and allow to air dry before storing.

CARE

- After use, rinse all components thoroughly and allow to air dry before storing.
- Store in a cool, dry, well-ventilated area away from direct sunlight.
- Keep away from corrosive liquids or gases.

WARNINGS

- Children under the age of 12 should only use this product when under the guidance of a physician or guardian.
- The rinse heads are designed specifically for this product and should not be used interchangeably with others.
- Storage: This product should be stored in a cool, dry, well-ventilated area that is away from direct sunlight, and away from corrosive liquids or gases.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/3kz for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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042020