

## 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, try using 1/2 of a saline solution packet per pot. Gradually work up to using the solution at full strength over time. Do not use less than 1/2 packet per pot.
- 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. 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.

*Questions or Comments:*

**info@hpsa.com or visit [www.hpsa.com](http://www.hpsa.com)**

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## What is the SinuCleanse® System?

The SinuCleanse system gently washes away mucus buildup from the nose and improves nasal breathing. SinuCleanse was developed by a leading ear, nose and throat physician to help patients relieve sinus congestion and soothe irritated nasal passages.



For People  
with Noses!™

For some people, using SinuCleanse is as routine as brushing their teeth. Others use it only on days they need it.

Start your day with SinuCleanse to breathe freely. SinuCleanse can be used as often as needed, and there are no drug interactions to worry about!

Instant Relief



# SinuCleanse®

THE FIRST WORD IN SINUS RELIEF™



## Instructions for Use:

### Uses:

Temporarily relieves symptoms associated with sinusitis, colds, flu or allergies, including nasal stuffiness, sneezing, runny nose and post-nasal drip. Removes inhaled irritants (e.g. dust, pollen, smoke). Promotes nasal and sinus drainage. Helps reduce swelling of nasal membranes.

### Dosage:

Adults and children age 4 years and older may use 1-2 saline solution packets administered as described below as often as every 2 hours. Children under age 4 should consult a health care professional before use.

### Directions:

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

1. Empty the contents of one SinuCleanse saline solution packet into the SinuCleanse pot. First-time users may start with 1/2 packet until accustomed to using the system.
2. Fill pot to the top of the SinuCleanse logo with lukewarm water. This makes 1/2 cup (4oz.) of solution.

*Note: If using the SinuCleanse saline solution packets with a device other than the SinuCleanse pot, mix the contents of 1 packet with 1/2 cup to 1 cup of lukewarm water, then follow the manufacturer's instructions for the other device.*

Additional packets may be purchased from your SinuCleanse retailer or pharmacist, by emailing [info@hpsa.com](mailto:info@hpsa.com) or visit [www.hpsa.com](http://www.hpsa.com)

3. Stir thoroughly until dry ingredients have completely dissolved.

4. Proper head position allows solution to flow through the nose by gravity.

- 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 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. Do not inhale or "snort" solution into the nose.

5. 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.
6. Repeat the procedure on the other side.
7. Thoroughly clean the SinuCleanse pot after each use.



Figure 1



Figure 2