

## Waterpulse Waterpulse

# Waterpulse Nasal Wash Bottle Instruction Manual

Model: Waterpulse (300ml)

For effective sinus rinsing and nasal hygiene.

## 1. PRODUCT OVERVIEW

The Waterpulse Nasal Wash Bottle is designed for comfortable and effective nasal irrigation, helping to relieve nasal congestion, allergies, and sinus discomfort. It provides a gentle stream of saline solution to cleanse the nasal passages.

This kit includes:

- 300ml Nasal Wash Bottle
- Adult Nasal Wash Tip
- Child Nasal Wash Tip
- Sticker Thermometer
- Nasal Wash Salt Packets (30 pcs)



Image: Complete Waterpulse Nasal Wash Bottle kit including the bottle, two nozzle tips, and salt packets.

## 2. SETUP

Before first use, ensure all components are clean. The bottle is made from medical-grade polypropylene (PP) for safety.

1. **Prepare Water:** Fill the 300ml bottle with lukewarm distilled or previously boiled water (cooled to body temperature, approximately 37°C / 98.6°F). The integrated sticker thermometer on the bottle indicates the suitable temperature range ("OK" means suitable).



Image: Close-up of the Waterpulse bottle showing the sticker thermometer and salt packets.

2. **Add Saline Packet:** Tear open one nasal wash salt packet and pour its contents into the bottle. Securely close the cap and shake gently until the salt is completely dissolved.



Image: Visual guide for preparing the solution: add salt, fill with lukewarm water, and shake to dissolve.

3. **Attach Nozzle:** Select the appropriate nozzle tip (adult or child) and firmly attach it to the bottle. The adult tip provides a heavy flow, while the child tip offers a gentler flow with four small holes.

## 2 Nozzle Provided



Heavy flow to rinse dust from your nostril quickly.



Slight flow is more gentle and comfortable.

Image: Comparison of the adult nozzle tip (single large opening) and the child nozzle tip (multiple small openings).

### 3. OPERATING INSTRUCTIONS

Follow these steps for effective nasal rinsing:

1. **Positioning:** Stand or sit comfortably over a sink. Lean forward slightly, keeping your head straight.
2. **Insert Nozzle:** Gently insert the selected nozzle tip into one nostril, ensuring a snug seal.
3. **Start Flow:** While breathing through your mouth, press the button on the bottom of the bottle to start the flow of the saline solution. The solution will flow into one nostril and exit through the other.



Image: Instructions on how to use the bottle, highlighting the button for controlled flow and the optimal tilt angle.

4. **Repeat:** Use approximately half of the solution for the first nostril, then switch to the other nostril and repeat the process.
5. **Clear Passages:** After rinsing, gently blow your nose to clear any remaining solution or mucus. Avoid blowing too hard to prevent pressure in the ears.

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Video: Official Waterpulse demonstration of the nasal wash bottle setup and usage. This video illustrates the steps for preparing the solution and performing the nasal rinse effectively.

## 4. MAINTENANCE

Proper cleaning ensures hygiene and extends the life of your nasal wash bottle:

- **After Each Use:** Disassemble the bottle and nozzle tips. Wash all parts thoroughly with warm water and mild soap.
- **Rinse:** Rinse all components completely to remove any soap residue.
- **Dry:** Allow all parts to air dry completely before reassembling or storing. Store in a clean, dry place away from direct sunlight.
- **Replacement:** It is recommended to replace the nasal wash bottle every 3-6 months for optimal hygiene.

## 5. TROUBLESHOOTING

Common issues and their solutions:

- **Water Not Flowing:**
  - Ensure the nozzle tip is securely attached and not clogged.
  - Check if the button on the bottom of the bottle is fully depressed.
  - Verify that the bottle is held upside down as instructed.
- **Discomfort During Rinsing:**
  - Check water temperature: Ensure it is lukewarm (around 37°C / 98.6°F). Water that is too cold or too hot can cause discomfort.
  - Verify saline concentration: Use only the provided salt packets or a properly measured saline solution. Incorrect concentration can cause stinging.
  - Ensure proper breathing: Breathe only through your mouth during the rinse.
  - Adjust flow: If the flow feels too strong, try releasing the button slightly to reduce pressure.
- **Water Entering Ears:**
  - Ensure your head is tilted correctly and you are breathing through your mouth. Avoid holding your breath or swallowing during the rinse.
  - Do not blow your nose forcefully immediately after rinsing.

## 6. SPECIFICATIONS

Brand	Waterpulse
Model Number	Waterpulse
Capacity	300ml
Material	Polypropylene (PP)
Dimensions (L x W x H)	7.09 x 3.94 x 1.97 inches
Item Weight	2.7 Grams
Country of Origin	China

## 7. IMPORTANT INFORMATION & LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Always consult with a healthcare professional before starting any new health regimen, especially if you have pre-existing medical conditions or are taking medications.



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