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## Waterpulse W-1

# Waterpulse Neti Pot Sinus Rinsing Kit (300ml) - Instruction Manual

Model: W-1 | Brand: Waterpulse

## 1. INTRODUCTION

The Waterpulse Neti Pot Sinus Rinsing Kit is designed to provide effective nasal irrigation, helping to clear nasal passages and sinuses. Regular use can offer relief from various nasal symptoms, including those associated with colds, influenza, allergies, sinusitis, rhinitis, and dry air. This manual provides comprehensive instructions for the safe and proper use of your Neti Pot.

## 2. IMPORTANT SAFETY INFORMATION

Please read and understand all safety warnings before using this product. Failure to follow these instructions may result in injury or discomfort.

- **Use Only Safe Water:** Always use distilled, sterile, or previously boiled and cooled water for nasal irrigation. Tap water is not safe for nasal rinsing unless it has been sterilized.
- **Use Appropriate Saline Solution:** Use only saline solution specifically designed for nasal irrigation. Do not use plain water alone, as it can cause severe discomfort or irritation.
- **Consult a Healthcare Professional:** If you have a completely blocked nasal passage, an ear infection, or have recently undergone ear or nasal surgery, consult your doctor before using this product.
- **Discontinue Use if Uncomfortable:** If you experience any pain, pressure, or discomfort during or after use, stop immediately and consult a healthcare professional.
- **Individual Use:** This device is intended for individual use only. Do not share to prevent the spread of infection.
- **Keep Out of Reach of Children:** Store the Neti Pot and saline packets (if applicable) in a safe place away from children.

## 3. PACKAGE CONTENTS

Your Waterpulse Neti Pot Sinus Rinsing Kit includes the following items:

- 1 x Waterpulse 300ml Neti Pot Bottle
- 1 x Adult Nasal Wash Tip

- 1 x Child Nasal Wash Tip
- 1 x Thermometer Sticker

*Note: This specific kit does not include nasal wash salt packets. Please ensure you have a suitable nasal rinse salt or pre-mixed saline solution for use with this device.*



Image: The Waterpulse Neti Pot kit components, showing the 300ml blue bottle, two interchangeable nasal tips (one for adult, one for child), and a thermometer sticker.

## 4. SETUP INSTRUCTIONS

### 4.1. Attaching the Thermometer Sticker

The included thermometer sticker helps you ensure the water is at a suitable temperature for nasal rinsing.

1. Carefully peel the backing off the thermometer sticker.
2. Adhere the sticker to the side of the Waterpulse Neti Pot bottle, ensuring it is smooth and free of air bubbles.
3. When water is added, the thermometer will indicate the temperature, with an "OK" mark for the suitable range.

# HOW IT WORKS



## For Adults

Wide hole for smooth water flow



## For Children

Four small holes for gentle water flow



Image: A close-up of the Waterpulse Neti Pot bottle with the thermometer sticker applied, indicating the optimal temperature range for nasal rinsing.

## 4.2. Preparing the Solution

Proper preparation of the saline solution is crucial for a comfortable and effective rinse.

- 1. Prepare Water:** Fill the Waterpulse Neti Pot bottle with 300ml of distilled, sterile, or previously boiled and cooled water. The ideal temperature is approximately 37°C (98.6°F). Use the attached thermometer sticker to verify the temperature.
- 2. Add Saline Solution:** Add the appropriate amount of pre-mixed saline solution or nasal rinse salt (following the salt manufacturer's instructions) to the water in the bottle.
- 3. Mix Thoroughly:** Securely attach the cap with the chosen nasal tip to the bottle. Shake the bottle gently until the salt is completely dissolved.

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Image: A hand demonstrating the addition of a nasal wash salt packet into the Waterpulse Neti Pot bottle. (Note: This specific kit does not include salt packets; use your own saline solution.)

Video: This video demonstrates the unboxing, assembly, water preparation, and initial use of the Waterpulse Neti Pot. It shows the inclusion of salt packets, which may vary by kit version. Always refer to your specific product packaging for included items.

## 5. OPERATING INSTRUCTIONS

Follow these steps for effective nasal rinsing:

- 1. Position Yourself:** Stand or lean over a sink. Tilt your head to one side, ensuring your forehead and chin are roughly level.
- 2. Insert Tip:** Gently insert the chosen nasal tip into your upper nostril, creating a comfortable seal.
- 3. Start Flow:** Press the button located on the bottom of the bottle to initiate the flow of the saline solution. Breathe through your mouth throughout the process. The solution will flow through your nasal passage and exit through the lower nostril.
- 4. Stop Flow:** Release the button to stop the flow of the solution.

5. **Repeat:** Remove the tip from your nostril. Gently blow your nose to clear any remaining solution and mucus. Repeat the process for your other nostril.
6. **Final Clearing:** After rinsing both nostrils, gently blow your nose to remove any residual solution. Avoid blowing too hard, as this can cause ear discomfort.



Image: A visual guide demonstrating the correct posture and technique for using the Waterpulse Neti Pot, showing the saline solution flowing from one nostril to the other.

## 6. NOZZLE SELECTION

Your Waterpulse Neti Pot kit includes two different nasal tips to suit various users:

- **Adult Nasal Wash Tip:** Features a wider opening for a smooth and consistent water flow, suitable for adult nasal passages.
- **Child Nasal Wash Tip:** Designed with four small holes to provide a gentler water flow, ideal for children or individuals who prefer a softer rinse.

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Image: A comparison of the two included nasal tips: the adult tip with a single wide hole and the child tip with four smaller holes for a gentler flow.

## 7. CARE AND MAINTENANCE

Proper cleaning and maintenance ensure the longevity and hygienic use of your Neti Pot.

- 1. After Each Use:** Disassemble the bottle and nasal tip. Wash all components thoroughly with warm water and a mild, non-abrasive soap.
- 2. Rinse Thoroughly:** Rinse all parts completely under running water to remove any soap residue.
- 3. Air Dry:** Allow all components to air dry completely before reassembling or storing. Place them on a clean towel or drying rack.
- 4. Storage:** Store the clean and dry Neti Pot in a cool, dry place away from direct sunlight.
- 5. Dishwasher Safe:** The Waterpulse Neti Pot bottle and tips are designed to be dishwasher safe for convenient cleaning.

## 8. TROUBLESHOOTING

If you encounter any issues while using your Waterpulse Neti Pot, refer to the following common problems and solutions:

- **Water Not Flowing:**

- Ensure the button on the bottom of the bottle is fully pressed.
- Check that the nasal tip is securely attached and not blocked.
- Verify that the air valve at the bottom of the bottle is not obstructed by your hand.

- **Discomfort or Burning Sensation:**

- Confirm the water temperature is correct (around 37°C / 98.6°F) using the thermometer sticker. Water that is too cold or too hot can cause discomfort.
- Ensure the saline solution concentration is appropriate. Using too much or too little salt can cause irritation.
- Always use distilled, sterile, or previously boiled and cooled water. Tap water can contain impurities that cause irritation.

- **Water Not Coming Out the Other Nostril:**

- Adjust your head tilt. Your forehead and chin should be roughly level.
- Ensure you are breathing through your mouth, not your nose.
- If you have severe nasal congestion, the solution may not flow freely. Consult a doctor if congestion persists.

## 9. PRODUCT SPECIFICATIONS

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Feature	Detail
Brand	Waterpulse
Model Number	W-1
Capacity	300 ml
Product Dimensions	6.34 x 4.41 x 4.09 inches
Item Weight	90 Grams
Material	BPA Free Plastic
Specific Uses	Sinus Pressure, Sinus Control

## 10. WARRANTY AND SUPPORT

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For specific warranty information, please refer to the product packaging or the official Waterpulse website. If you have any questions, concerns, or require technical assistance, please contact Waterpulse customer service through their official channels.