

## 500ml Nasal Wash Bottle

# Generic 500ml Nasal Wash Bottle Instruction Manual

Model: 500ml Nasal Wash Bottle

## 1. INTRODUCTION

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This manual provides instructions for the safe and effective use of the Generic 500ml Nasal Wash Bottle. This device is designed for nasal irrigation to help alleviate symptoms associated with common nasal irritations such as hay fever, smog, rhinitis, sneezing, and city pollution. Please read these instructions carefully before first use and retain for future reference.

## 2. PACKAGE CONTENTS

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Verify that all items are present in your package:

- 1 x 500ml Nasal Wash Bottle (Blue, PE Material)
- 1 x Adult Nasal Wash Nozzle (wide caliber)
- 1 x Child Nasal Wash Nozzle (3-hole design)



Image: The two included nozzles, one for adults and one for children.

### 3. PRODUCT FEATURES

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- **Unique 60-Degree Angle Design:** The water outlet angle is designed for comfortable delivery to the nasal cavity, ensuring a smooth and natural water stream without causing choking.
- **Leakproof Gasket:** A leakproof gasket is pre-installed in the cap to prevent spills during use.
- **Easy-Press Valve Button:** Control water flow easily with a single press of the valve button, eliminating the need to squeeze the bottle.
- **Clear Scale and Skid-Free Bottle:** The bottle features a clear scale for accurate measurement of saline solution and a textured surface for a secure grip.



Image: Key features of the nasal wash bottle, including the 60-degree angle, leakproof gasket, nozzles, and valve button.



Image: The bottle's clear measurement scale and skid-free design for ease of use.

## 4. IMPORTANT SAFETY INFORMATION AND WARNINGS

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- **Use Saline Solution Only:** Always use a pre-mixed saline solution or a saline packet mixed with distilled, sterile, or previously boiled and cooled water. **Do not use plain tap water, unpurified water, or salt alone** as this can cause severe irritation or infection.
- **Personal Use Only:** This product is for individual use only. Do not share the nasal wash bottle with others to prevent the spread of germs and infections.
- **Water Temperature:** Ensure the saline solution temperature is around 37°C (98.6°F), which is body temperature. Water that is too cold or too hot can cause discomfort or harm.
- **Medical 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. Consult a healthcare professional if you have underlying health conditions or concerns.

## 5. SETUP

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1. **Clean the Bottle:** Before first use and after each subsequent use, thoroughly clean the bottle and nozzles as described in the 'Maintenance and Cleaning' section.
2. **Attach Nozzle:** Select the appropriate nozzle (adult or child) and firmly attach it to the bottle's outlet.

3. **Prepare Saline Solution:** Fill the 500ml bottle with the recommended amount of saline solution. Ensure the solution is at approximately 37°C (98.6°F).

## 6. OPERATING INSTRUCTIONS

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Follow these steps for effective nasal irrigation:

1. **Lean Forward:** Stand or sit over a sink, leaning your head forward and slightly to one side.
2. **Position Nozzle:** Gently insert the nozzle into the upper nostril, ensuring a snug fit to prevent leakage.
3. **Breathe Through Mouth:** Keep your mouth open and breathe normally through your mouth during the irrigation process. Do not hold your breath or try to breathe through your nose.
4. **Initiate Flow:** Press the valve button at the bottom of the bottle to release the saline solution. The solution will flow into one nostril and exit through the other.
5. **Continue Flow:** Allow approximately half of the solution to flow through one nostril.
6. **Repeat for Other Nostril:** Remove the nozzle, gently blow your nose to clear any remaining solution, then repeat steps 2-5 for the other nostril.
7. **Final Clearing:** After irrigating both nostrils, gently blow your nose to remove any residual saline solution and mucus. Avoid blowing too hard immediately after irrigation.

# Nasal wash Bottle



Image: Proper technique for using the nasal wash bottle.

## 7. NOZZLE SELECTION

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The nasal wash bottle comes with two distinct nozzles:

- **Adult Nozzle (Wide Caliber):** Designed for adults, this nozzle provides a broader stream for comprehensive nasal cavity cleaning.
- **Child Nozzle (3-Hole Design):** Features three smaller holes to deliver a gentler, slower flow, suitable for children's needs and more delicate nasal passages. This design ensures a milder cleaning experience.

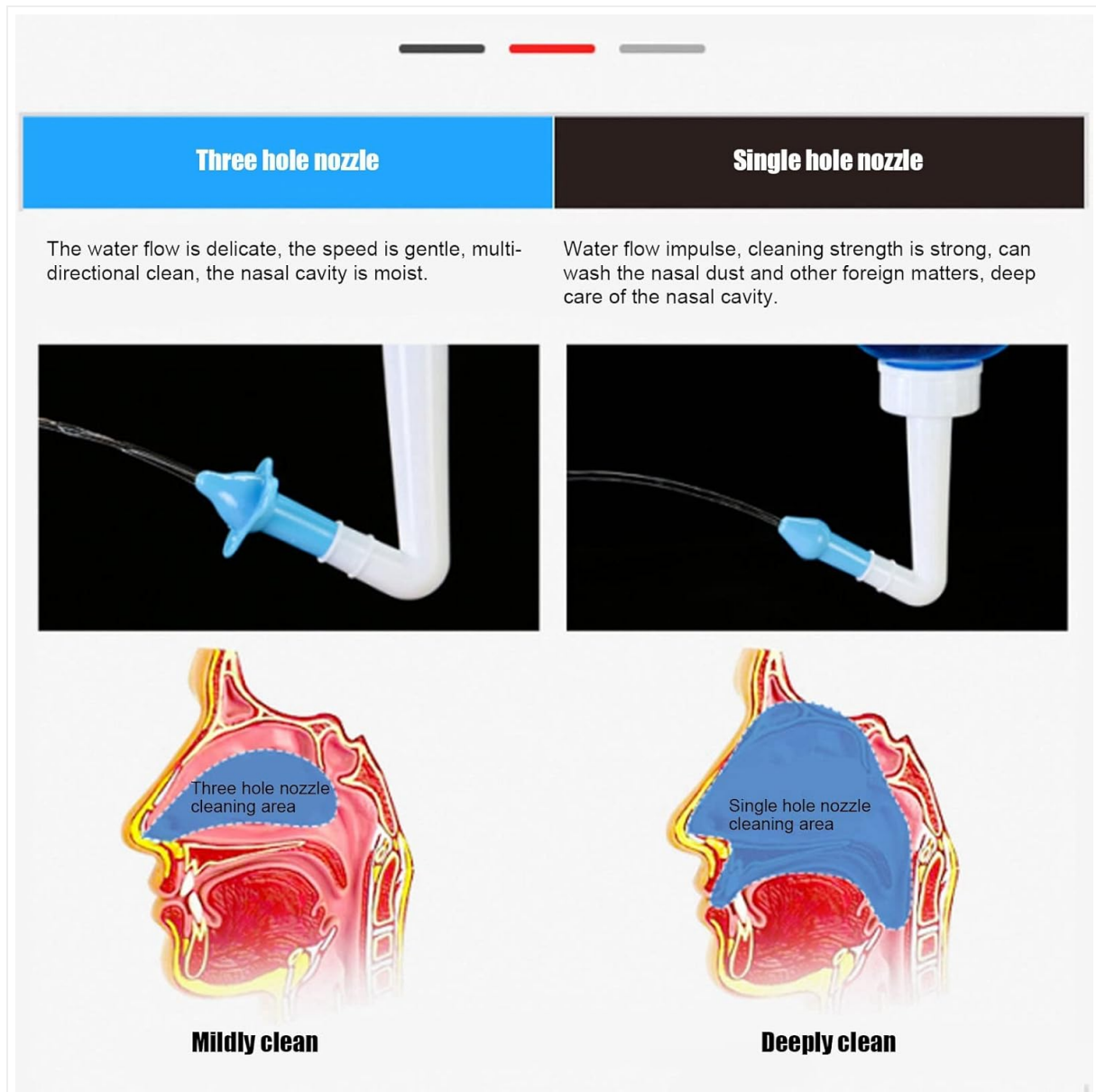


Image: Visual comparison of the cleaning patterns for the three-hole (child) and single-hole (adult) nozzles.

## 8. MAINTENANCE AND CLEANING

Proper cleaning is essential for hygiene and longevity of your nasal wash bottle:

- **After Each Use:** Disassemble the bottle and nozzles. Wash all components thoroughly with warm water and mild soap.
- **Rinse Thoroughly:** Rinse all parts completely to remove any soap residue.
- **Air Dry:** Allow all components to air dry completely before reassembling or storing. Store in a clean, dry place.
- **Hand Wash Only:** This product is designed for hand washing only. Do not place in a dishwasher.

## 9. TROUBLESHOOTING

If you encounter issues, consider the following:

- **No Water Flow:** Ensure the nozzle is securely attached and the valve button is fully pressed. Check for any blockages in the nozzle or bottle.
- **Leakage:** Verify that the cap is tightly screwed on and the leakproof gasket is properly seated. Ensure the

nozzle is firmly attached.

- **Discomfort During Use:** Check the temperature of the saline solution (should be around 37°C). Ensure you are using a proper saline solution and not plain water. Adjust your head position to allow for smooth flow.

## 10. SPECIFICATIONS

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<b>Item Type</b>	Nasal Rinser
<b>Material</b>	PE (Plastic)
<b>Capacity</b>	Approx. 500ml
<b>Color</b>	Blue
<b>Weight</b>	Approx. 85g
<b>Power Source</b>	Manually Powered
<b>Water Resistance Level</b>	Waterproof
<b>Care Instructions</b>	Hand Wash Only

## 11. WARRANTY AND SUPPORT

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For warranty information or product support, please refer to the retailer or contact the manufacturer directly. Keep your purchase receipt as proof of purchase.