

Neilmed Sinus Rinse

1. First be sure to wash your hands well.
2. Fill the pot to the marking line with warm distilled water or cool boiled water.
3. Next cut the corner of the sinus rinse mixture packet and pour contents into the bottle make sure you tighten the cap. Press firmly with one finger on the tip of the cap and shake the bottle gently squeezes the bottle.
4. Standing in front of a sink and bend forward comfortably and tilt your head down. Keeping your mouth open without holding your breath, placed the cap snugly against your nasal passage and gently squeezes the bottle.
5. Keep pressing until at least one quarter to one half of the bottle is used for thorough wash. **Do not swallow** the solution.
6. If tolerable slipping any leftover solution remaining in the nasal passage once or twice before blowing the nose because this could clean out the back airway.
7. Blow your nose gently without pinching your nose completely because this will create pressure on the ear drums.
8. Some solution will reach the back of the throat, **so please spit it out.**
9. To help improve drainage of any remaining solution blows your nose gently **while tilting your head to the opposite side of the nasal passage that you just rinse.**
10. Now **repeat steps 4 to 9** for your other nasal passage.
11. Make sure to get out all residual solution in your nasal passage.
12. If there is any solution leftover in the bottle, **please throw it away** as there are no preservatives in the solution.
13. Lastly, air dry the sinus rinse bottle and cap on a clean paper towel or the Neilmed bottle drying rack.

**** Sinus rinse works by gently and naturally cleansing your nasal passages of the excessive mucus & rinsing will reduce inflammation of mucosa membrane.**

Neilmed Sinus Rinse Video:

<https://www.youtube.com/watch?v=LW9mvVe7Mk4>

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