

The simple, comfortable and safe method to rinse your nose with physiological saline during colds, sinus infections, allergies, itchy nose from being in a dry, dusty or smoky environment. It suppresses nasal irritation and re-moistens mucous membranes. Nasaline can be used for repeated rinsings.



1. Stir in a sachet of Nasaline Salt in 250 ml body-temperature water.



2. Draw the physiological saline up into the Nasal Rinser.



3. Rinse your nose with body-temperature water.



4. Blow out the excess physiological saline.

Warning:

Contains small parts. Do not allow children to play with the product!

Distributor:

SnorBan DK ApS

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Nasaline® and accessories can be purchased in our web shop at www.snorban.eu.

Manufacturer:

ENTpro AB, Box 2148, 103 14 Stockholm, Sweden

Swedish Patent SE516858

European Patent EPO 1303243

United States Patent 7351232



Registred, ENTpro AB, Box 2148, 103 14 Stockholm, Sweden, Class 1 Medical

What is Nasaline Nasal Rinser?

The patented Nasaline Nasal Rinser is a unique medical device developed in Sweden by Ear, Nose and Throat specialists and designed for self-care. The Nasaline Nasal Rinser lets you easily rinse your entire nose with salt water. Rinsing one's nose with salt water is a proven method and is recommended by doctors.

When should one use Nasaline Nasal Rinser?

Rinsing flushes away pollen, excess mucus, incrustations, dust and soot particles. The Nasaline Nasal Rinser can be used to alleviate cold, sinus, and allergic nasal symptoms, nasal congestion during pregnancy, to counteract time spent in dry, dusty, sooty or smoky environment and the overuse of 'cold-symptom spray' and so-called decongestant nose drops or spray. It suppresses nasal irritation and re-moistens mucous membranes. Nasaline Nasal Rinser can be used repeatedly to cleanse the nose. Following your doctor's recommendation, Nasaline Nasal Rinser can also be used after surgery of the nose and sinuses and for the other nasal problems such as nasal polyps.

Who should use Nasaline Nasal Rinser?

Everyone can use Nasaline Nasal Rinser unless your doctor advises otherwise. Following your doctor's recommendation and, with the help of an adult, children may also perform rinsing. In the event of suspicion of an ongoing ear infection or other ear problems, consult a doctor before rinsing.

What is Nasaline Nasal Rinser made from?

Nasaline consists of two parts; a plastic syringe with room for 60 ml of salt water, and a silicone nozzle attached to the front of the syringe. No latex is used in the syringe. The silicone piece is optimally designed to fit tightly against the nostrils, and the spray channel has been designed to fit both adults and children. The silicone is specially manufactured for use on the skin. The silicone piece has a channel shaped like an hourglass which gently swirls the stream of salt water when it leaves the Nasal Rinser. Salt water for rinsing can easily be mixed on your own (see the salt water recipe below).

Physiological saline recipe:

Heat clean, drinkable tap water to body temperature or take hot water directly from the tap. The water temperature should feel comfortable on your wrist. We recommend that you stir the contents of a Nasaline Salt Sachet in 250 ml of water. The water now has the same salinity as the body (0.9%) and is therefore called physiological saline. Nasaline Salt is a specially formulated from pure salt (sodium chloride) without additives for nasal cleansing. Nasaline Salt is available in pharmacies. You may also stir in half a teaspoon of table salt (about 2.5 grams) in 250 ml of water until the salt dissolves. A stinging sensation during rinsing can mean that either too much or too little salt has been added, or that you should use Nasaline Salt instead. If the rinsing is performed for a longer time period, make sure that the salt does not contain additives such as iodine to prevent the risk of developing allergy to the additives.

Directions for Use:

1. Draw the body-temperature physiological saline up into the syringe using the plunger.

2. Stand or sit slightly leaning forward over a basin, sink or bathtub. Place the Nasaline Nasal Rinser's silicone nozzle against one nostril. Press the silicone piece firmly and tightly against the nostril and spray the physiological saline into the nostril using the piston. Breathe through your mouth during the entire flushing and avoid swallowing.

3. When the salt water reaches the back of the nose, your palate should normally close reflexively. The physiological saline fills the nasal cavity and then flows out through the other nostril carrying excess mucus and foreign particles out of your nose. Sometimes, a little salt water will drain into your throat. This is harmless and can be avoided by instead saying a long "aaaaa" throughout the rinse. One rinse should take 3 to 7 seconds.

4. Rinse the other nostril in the same way. Blow your nose to get rid of the excess physiological saline. A small amount of physiological saline can be left in your nose and run out after a few hours. This is harmless and can be prevented by leaning your head forward, turning it slowly from side to side after the rinsings to help the physiological saline drain out properly. If your nose is very congested, it is possible for a little physiological saline to reach the tear ducts and drain out of the eyes. This is also completely harmless and can be prevented by rinsing slower.

Dosing instructions:

One or more rinses with a filled reservoir/ (60 milliliters) in each nostril morning and night or as necessary. One Nasaline Salt sachet is enough for two rinses in each nostril.

Pregnancy and breast-feeding:

Nasaline can be used during pregnancy and breast-feeding.

Can the Nasaline Nasal Rinser be used with nasal sprays?

Yes, rinsing your nose before using the nasal spray may be beneficial.

What side effects can Nasaline Nasal Rinser give?

When used correctly, no side effects have been reported.

Cleaning:

Rinse the Nasaline Nasal Rinser thoroughly with hot water. Allow to air dry. The Nasaline Nasal Rinser tolerates mild dish-washing liquid. To prevent the piston membrane from swelling, allow the piston to remain in the syringe during both cleaning and drying.

Shelf life

With regular use, the Nasaline Nasal Rinser has a hygienic and functional shelf life of about four months, and should then after be discarded as waste. During this time, the product may change colour slightly, but this does not affect the Nasaline Nasal Rinser's performance. The package can be sorted into both paper and plastic recycling fractions (environment-friendly PET plastic).

Storage

Store the Nasaline Nasal Rinser dry and at room temperature.