

Quick Start Instructions

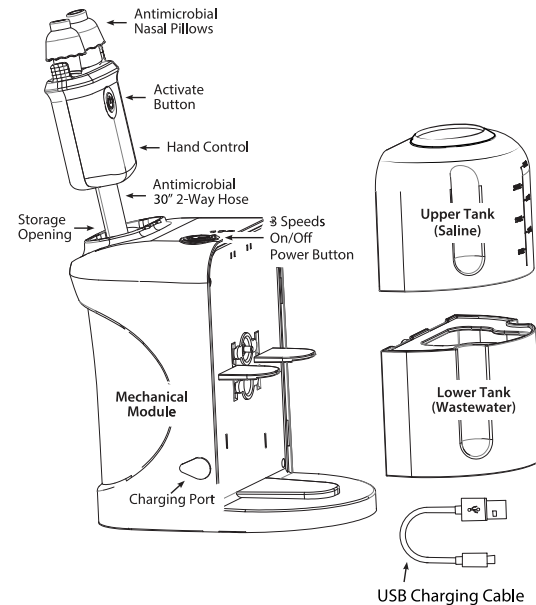
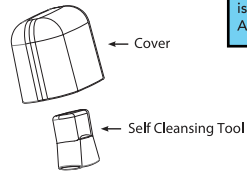
NasalFresh MD®



To perform nasal irrigation effectively, follow these instructions while standing over a sink.

Getting to Know your NasalFresh MD®

1. Detailed View.



IMPORTANT

Charge your NasalFresh MD® for a full charging cycle of 8 hours prior to your very first use.
Plug your device in for a minimum of 3 hours for subsequent charging cycles. A red light indicator is normal, and indicative of a new charging cycle. A green light indicates fully charged.

Set up

- Set Up.** NasalFresh MD® comes substantially assembled. To complete assembly, detach the Lower Tank from the Mechanical Module by grasping the Module with one hand and the Tank with the other and pulling the Tank away from the Module. Remove contents of the Lower Tank and set aside. Attach the 2 Nasal Pillows to the stems on the Hand Control. Reattach the Lower Tank. You are ready to begin.

Note: When not using the Device, store the Hose and Hand Control in the compartment below the Storage Opening of the Mechanical Module. Insert the Hand Control by lining up the 2 guides below the Activate Button on the Hand Control with the 2 corresponding slots in the Storage Opening.

- Charge.** NasalFresh MD® is rechargeable (no batteries required) and compatible with USB charging. You will need the USB charging cable (included with your Device) and a power adapter (wall plug) with a USB port. Connect one end of the USB Cable into the USB port on your power adapter. Lift the silicone protective strip over the Charging Port on the Mechanical Module and connect the other end of the USB Cable to the Charging Port. Charge the Device until the indicator light next to the Power Button turns from Red to Green. Charge your NasalFresh MD® for a full charging cycle of 8 hours prior to your very first use. Plug your device in for a minimum of 3 hours for each subsequent charging cycle or till the light turns green. A red light indicator is normal, and indicative of a new charging cycle. A green light indicates fully charged.
- Add Water.** Fill the Upper Tank to the 300ML fill line with room-temperature to lukewarm distilled or other safe water. Add one or two NasalFresh MD® nasal salt packets and stir until fully dissolved. See Important Safety Instructions for safety information about water.

Usage

- Power On.** Press the Power Button on the Mechanical Module once. A green pilot light next to the Power Button will come on indicating the Device is ready to use and a blue light will come on indicating the Device is in gentle cleansing mode.
- Insert Nasal Pillows.** Experience precision fit technology with NasalFresh MD®'s adjustable nose pillows. Remove the Hand Control from the Storage Opening in the Mechanical Module. Holding the Hand Control in one hand, gently press the Pillows up against the nose so they gently seal the nostrils (as shown). To customize your fit, first, locate the angled bottom of nose pillows on the nasal dock. Then gently rotate pillows, clockwise or counterclockwise. Observe pillows moving closer and further apart. Adjust for your ideal nose width. The Pillows should rest lightly on the outer edge of your nostrils while still securing a seal. Keep the Pillows centered and unblocked up against the nose. Do not push the Pillows into the nose or press hard which can cause them to get blocked against the nasal wall decreasing or stopping the nasal irrigation process.
- Nasal Irrigation.** Relax your jaw and breathe through your mouth. Press and hold down the Activate Button on the Hand Control. The pumps will start and the drain valve will open causing saline to flow from the Upper Saline Tank through the 2-Way Hose into one nostril, around the back of the nose, and out the other nostril. If you get saline in the back of your throat, don't swallow. Spit it out and continue breathing through your mouth but more deeply or even panting. The used saline will then flow into the Lower Wastewater Tank along with allergens, mucus, bacteria, viruses, and other nasal debris.



Usage

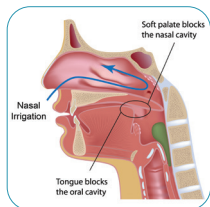
8. **Pause or Stop.** If you need to pause or stop the procedure at any time, just release the Activate Button, the pumps will shut off and the flow of saline will stop. Press and hold down the Activate Button to start again.
9. **Reverse Direction of Flow.** When approximately half the fresh saline in the Upper Tank remains, reverse the direction of the saline flow (left-to-right or right-to-left) for the remainder of the procedure. To do this, release the Activate Button - the saline will stop flowing. Remove the Nasal Pillows from your nose, turn the Hand Control over and re-insert the Nasal Pillows. Press and hold the Activate Button on the Hand Control. The pumps will restart. When the Upper Tank is empty, the procedure is complete. Gently blow your nose to remove any residual saline.

10. **What if I get saline in the back of my throat?**

The key to nasal irrigation is to relax and breathe through your mouth. When you breathe through your mouth, a flap of tissue toward the back of the mouth called the Soft Palate is raised and closes off the oral cavity from the nasal cavity. This ensures that fluid in the nasal cavity does not enter the back of the throat and cause you to gag or have a choking feeling. For most users this happens naturally.

If you get some saline at the back of your throat, don't swallow; spit it out and continue.

Remain relaxed, hold your jaw open slightly and continue breathing in and out through your mouth. Remember, Nasal irrigation is fun, easy and helps you Breathe better and Feel healthier. With a little practice, you should be fine.



Cleaning and Drying

DO NOT place the NasalFresh MD® in a dishwasher or microwave.

DO NOT immerse the Mechanical Module in or rinse with water.

Upper and Lower Tanks. After each nasal wash, dispose of the wastewater in the Lower Tank. Detach both Tanks from the Mechanical Module and thoroughly rinse with hot water. At least once per month of use, wash the Lower Tank with hot water and unscented moisturizer-free liquid soap ("Liquid Soap"). Rinse well with cold water and let dry. To detach a Tank from the Mechanical Module, grasp the Mechanical Module with one hand and the Tank with the other and pull the Tank away from the Mechanical Module. Reverse this procedure to reattach.

Internal Mechanical Module (Self Cleaning). Attach the Self-Cleaning Tool to the Nasal Pillows on the Hand Control. Fill the Upper Tank with hot tap water mixed with 1 or 2 drops of Liquid Soap. Switch on the Device and run until the Upper Tank is empty. **Run one more auto clean cycle with clean water after the soap cleansing cycle, to make sure the system is free of soap.** Dispose of the wastewater in the Lower Tank.

External Mechanical Module. Wipe the outer surfaces of the Mechanical Module, Hose and Hand Control with a cloth dampened with liquid soap.

Nasal Pillows. Remove the Nasal Pillows from the Hand Control and wash in hot water with Liquid Soap. Rinse well with cold water and let dry.

Drying. Separate the Tanks and Nasal Pillows from the Mechanical Module. Air dry all parts before storage.



Warnings

Important Safety Instructions.

- DO NOT use tap water unless sterilized by boiling. Only use water that is distilled, micro-filtered or previously boiled and allowed to cool to lukewarm or room temperature. The US Centers for Disease Control provide information about water for nasal irrigation at www.cdc.gov. DO NOT use water hotter than 90°F or 32°C.
- Use this Device only as directed. If you experience pain while using this Device, discontinue use immediately.
- This Device should not be used by children under 12 years old.
- DO NOT use this Device if you have an ear infection or your ears are completely blocked. Do not use if your nasal passages are 100% blocked and you cannot breathe through either nostril. Consult your medical provider before using if you recently had ear or nose surgery.
- Ear popping and ear fullness are common side effects of nasal irrigation but typically last for a short time only. Stop using this Device if the condition persists.
- Clean this Device, including Nasal Pillows, according to the instructions in the Owner's Manual. Do not share Nasal Pillows to avoid cross infection between users.
- DO NOT place this Device in a dishwasher or microwave.

Warranty

Limited Two-Year Warranty
(U.S. and Canada Only)

NasalFresh MD® will repair or replace (at our option) your Device free of charge for 24 months from the date of purchase if the Device is defective in workmanship or materials. To obtain service under this warranty, email us at info@nasalfreshmd.com or call 772.310.8007 for return instructions and return the defective Device to NasalFresh MD®, together with your purchase receipt. If you return the Device after one (1) year from the date of purchase include \$30.00 for postage and handling. In the absence of a purchase receipt, the warranty period shall be 24 months from the date of manufacture.

THIS LIMITED WARRANTY IS EXCLUSIVE OF ALL OTHER WARRANTIES, WHETHER ORAL OR WRITTEN, EXPRESS OR IMPLIED. THERE ARE NO IMPLIED WARRANTIES CREATED BY THE MANUFACTURE, SALE OR USE OF THE DEVICE. IN NO EVENT SHALL NASALFRESH MD® BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONSEQUENTIAL, PUNITIVE, OR INDIRECT DAMAGES BASED UPON ANY LEGAL THEORY.

Some states do not allow limits on warranties, or remedies for breach in certain transactions or the exclusion or limitation of special, incidental, or consequential damages, or how long an implied warranty lasts. In such states, the limits contained herein and the disclaimer or exceptions from warranty may not apply. If applicable law does not permit the disclaimer of implied warranties, then the duration of such implied warranties is expressly limited to the duration of the express limited warranty set forth herein.

WHO IS COVERED. This warranty applies only to the original purchaser of the Device from NasalFresh MD® or an authorized reseller. The warranty cannot be transferred under any circumstances.

PRODUCT REGISTRATION. You must register your Device within 90 days of purchase in order to obtain the warranty. Your warranty is not effective unless you register your Device within the time provided. To register your Device, open camera or qr code reader & scan code to register your device and complete the information required for registration.

PRODUCT CHANGES. NasalFresh MD® reserves the right to make changes and improvements to its devices without incurring any obligation to incorporate such improvements in the Device sold or to notify you of these changes or improvements.

MANUFACTURER

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← Product Registration

To replenish your NasalFresh MD saline packets, please visit: www.nasalfreshmd.com