

NeilMed[®] Hydro Pulse[™]

Nasal/Sinus Pulsatile Irrigation System And Pulsatile Throat Irrigation System
Model HP-100

By Dr. Grossan M.D.



USER INSTRUCTIONS

5003S-BR0-HYDP_Rev01_Hydro Pulse_PP20170407_db

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Model HP-100
Nasal/Sinus Pulsatile Irrigation
System and Pulsatile Throat
Irrigation System

Contains no latex or rubber products.

INTRODUCTION



Ketan C. Mehta, M.D.
CEO & Founder

Nasal irrigation is a personal hygiene practice used for thousands of years in my native India. When I moved to the United States in 1981 to further my medical training, I had no idea I would find my future in this ancient tradition. I am a practicing physician who specializes in pulmonary and critical care medicine in Santa Rosa, California. In my practice, I have relied mostly on the constantly evolving Western medical technologies. However, after suffering from chronic sinus disease and trying a range of treatments to control my symptoms—including corrective surgery—I discovered that the most effective therapy was the ancient practice of nasal irrigation.

In my practice, I began prescribing this simple treatment to my patients. I believed that routine saline nasal rinsing would significantly reduce and may cure their symptoms. A large number of patients did improve after trying nasal irrigation. However, they returned with the same symptoms when they stopped doing nasal rinses on a daily basis. I realized the important need for a product that would be easy to use for daily nasal rinse.

In January 2000, I formed **NeilMed®** Pharmaceuticals and began marketing the **SINUS RINSE™** kit. This effective and soothing large volume nasal rinse system incorporates years of medical knowledge and the invaluable suggestions of medical colleagues and patients. Due to the product's effectiveness and widespread acceptance by doctors, **NeilMed® SINUS RINSE™** is now the #1 physician prescribed nasal irrigation system in the United

States and Canada. It is also widely available in Australia, New Zealand, Singapore, Malaysia, Taiwan, UK, Ireland, Poland, Hungary, Chile and a growing number of other European and Asian countries.

Today **NeilMed®** Pharmaceuticals offers a full line of nasal irrigation and health products designed to help children and adults breathe more freely and comfortably through their nose. This educational brochure provides you with directions for the proper use of our products as well as extensive information about nasal and sinus health. Should you have any further questions or comments, please contact us through our website or by calling us directly. We are here to serve you and welcome your thoughts or concerns.

Sincerely,

Ketan C. Mehta, M.D., CEO & Founder

Diplomate, Certified by the American Boards of Internal

NeilMed® is the #1 brand in North America for large volume saline nasal irrigation devices. Our goal is to ensure the highest possible quality, safety, effectiveness, and ease of use for our devices at an affordable price.

We are highly committed to meeting applicable regulatory, customer and quality standards and achieving increasing levels of customer satisfaction.

NeilMed® prides itself on quality product and values customer satisfaction. Our policy is to provide a full money-back guarantee within 120 days if you are unsatisfied for any reason. Today we support medical research at several university medical centers, and charitable causes with equal



Nina Mehta
President & Co-founder

passion. I assure you that you will be very satisfied with the **NeilMed®** brand of products and the **NeilMed®** way of customer service.

CAUTION

We recommend rinsing your nasal passages with **NeilMed® SINUS RINSE™** packets or **Breathe-ease™ XL** mixture only. Rinsing your nasal passages with only plain water without the saline mixture will result in a severe burning sensation, as plain water is not physiologic for your nasal lining, even if it is appropriate for drinking. Additionally, for your safety, do not use tap or faucet water for dissolving the mixture unless it has been previously boiled for five minutes or more as boiling sterilizes the water. Other choices are distilled, micro-filtered (through 0.2 micron), commercially bottled or, as mentioned earlier, previously boiled water at lukewarm or body temperature. You can store boiled water in a clean container for seven days or more if refrigerated. Do not use non-chlorinated or non-ultra (0.2 micron) filtered well water unless it is boiled and then cooled to lukewarm or body temperature. Do not rinse if your nasal passages are completely blocked or if you have an ear infection or blocked ears. If you have had recent ear or sinus surgery, contact your physician prior to irrigation. If you experience any pressure in the ears or burning in the nasal passages, stop irrigation and get further directions from your physician. Keep out of reach of children. Read and retain this enclosed brochure for instructions and other important information.

We recommend that you use the **Hydro Pulse™ ONE HOUR PRIOR** to bedtime in order to avoid any residual solution dripping down the throat.

Patients who are unable to stand up or bend near the sink **SHOULD NOT** use this product.

We strongly advise against the use of the **Hydro Pulse™** on children or adults who are bed bound or have physical limitations or mental disabilities due to developmental or acquired disorders. Adults should read the directions first before using it on their children. Keep out of reach of children. Do not swallow the solution; however, if you do so accidentally, there is no harm as the amount of sodium ingested in one swallow is insignificant.

CAUTIONS

The Hydro Pulse is an electrical device, and like all other electrical devices, requires precautions to guard against fire and electric shock. Read and understand all cautions. If you have any questions, contact customer service before use.

READ ALL INSTRUCTIONS BEFORE USING **DANGER - To reduce the risk of electricity related hazards:**

- Always unplug this product immediately after using
- Do not use while bathing
- Do not place or store product where it can fall or be pulled into a tub or sink
- Do not place in or drop into water or other liquids
- Do not reach for a product that has fallen into water. If the device falls into water, unplug immediately.
- Never use this device where it could become submerged in sink or bathtub.
- Never use this device if electric cord is frayed, if the plug is broken, or if this device blows a fuse.
- If the device stops working, contact **NeilMed®** customer service. Do not try to service or modify unit.

Never open the unit.

The **NeilMed® Hydro Pulse™** Pulsatile Nasal/Sinus Irrigation System must only be used as directed. Failure to use as directed could result in permanent personal injury. If you have any questions about the use of this product, contact customer service before use.

Always follow your doctor's instructions if they are different from those in these instructions.

Please inform your doctor that you are using this product. Be sure to ask your doctor for instructions about use after sinus/nasal surgery. Follow doctor's instructions carefully when adding prescribed antibiotic or antifungal medications to the **Hydro Pulse™**.

WARNING- To reduce the risk of burns, electrocution, fire, or injury:

- Product should never be left unattended when plugged in. Close supervision is necessary when this product is used by, on, or near children or invalids. The Hydro Pulse should not be used on children under the age of 5.
- Use this product only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the product to a service center for examination and repair.
- Keep the cord away from heated surfaces.
- Never block the air openings of the product or place it on a soft surface, such as a bed or couch, where the air openings may be blocked. Keep the air openings free of lint, hair and the like.
- Never drop or insert any object into any opening or

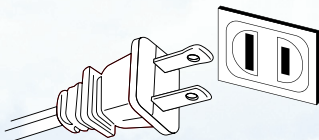
hose.

- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Unplug this product before filling. Fill the reservoir with water only unless otherwise specified by the manufacturer. Do not overfill.
- The motor in our pulsatile nasal irrigator has temperature control. When is it overheated, the power will shut off automatically. Wait 10 minutes to allow motor to cool down.
- Do not use the nasal irrigator when the nose is completely obstructed.

SAVE THESE INSTRUCTIONS

WARNING

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact **NeilMed®** customer service.



WARNING

Always remove plug with dry hands. Remove plug from socket for storage and maintenance. Never remove cord by pulling the wire.

If plug is dusty, clean it before inserting into the wall.

If cord or plug is damaged, contact NeilMed customer service.

Please check the voltage label on your device and use an electrical outlet that will give the specified output. Our devices come with either 110 or 220 volts. Please do not use voltage converters if you do not have the appropriate electrical outlet available. If you are subject to electric surges or extreme power fluctuations, use a surge protector and unplug between uses.

This product is 100% guaranteed for one year from date of original purchase.

IMPORTANT SAFEGUARDS

This product is not a toy and carries the same dangers as any appliance.



Possible electric shock.



Do not take machine apart.



Remove plug from socket

QUICK REFERENCE

Nasal/Sinus Irrigation

1. Prepare solution: Fill reservoir with 16 oz (480 ml) of warm water. Use only distilled, commercially bottled, or previously boiled and cooled water. Filtered water

is safe only if it has been filtered through a 0.2 micron filter. Add **NeilMed® Sinus Rinse™** mixture, **Breathe-ease™** XL mixture or any other saline mixture of your choice. Make sure you do the appropriate dilution based on the directions supplied by the manufacturer of the mixture packets or sachets. We recommend that you do not use homemade salt mixtures for nasal irrigation, as they may have inaccurate concentrations and lead to inadequate relief, a burning or stinging sensation, or even nasal congestion. Be sure to stir until the mixture is completely dissolved.

2. Adjust the stream so it travels to the height of two to three inches, then use the control to start or stop the stream.
3. Standing in front of a sink, bend forward to your comfort level and tilt your head down.
4. Keeping your mouth open, without holding your breath, place the tip snugly against your nostril. Turn on the nasal irrigator. Saline will go in from one nostril, fill up your nasal passages and drain out the other side by gravity.
5. Use approximately one quarter to one half of the solution per nostril. Repeat for opposite nostril.
6. Turn off the control switch.

Throat Irrigation

1. Make a solution of diluted mouth wash or saline. Plain water can also be used.
2. Lay throat tip on the right side of the tongue so the tip points to just behind the last tooth on the right. Adjust to low pressure that feels comfortable. Keep length of tip parallel to the midline of the tongue.

3. Bend down into sink at comfortable level. Use hand control to turn on and off.

Occasionally a new machine has an air pocket and liquid won't come out in a smooth stream. In this case, it needs to be primed. Fill the tank, turn on the machine, then drop the handle as low as possible below the machine level, making sure the handle switch is open. Once the solution comes out in a regular stream, resume regular operation.

Very rarely, Sodium chloride, sodium bicarbonate and residues from the dried out saline can clog the tubing if not used on a regular basis. To prevent this, rinse with designated quality water after each use.



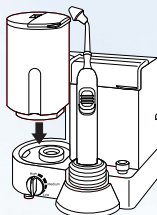
DIRECTIONS

Step 1: Plug the machine into the power source of designated voltage

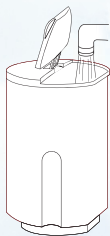


Step 2: Placing the water reservoir

- Remove the water reservoir and open the lid to fill it with 16 oz, or 480 mL, of warm distilled, commercially bottled, or previously boiled and cooled water. Filtered water may be used only if it has been filtered through a 0.2 micron filter. Put the water reservoir back to its original position. Use lukewarm water, in the range of 92°F~101°F(33°C~38°C).



- Add **NeilMed® Sinus Rinse™** mixture or **Breathe-ease™ XL** mixture. Make sure you do the appropriate dilution based on the directions supplied by the manufacturer. We recommend that you do not use homemade salt mixtures for nasal irrigation, as they may have inaccurate concentrations and lead to inadequate relief, a burning or stinging sensation, or even nasal congestion. Be sure to stir until the mixture is



completely dissolved.

Step 3: Attach the nasal irrigator tip to the handle

- Slide the rim on the irrigator tip into the groove on the handle.



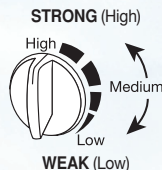
Step 4: Power on button

- When using for the first time, it may take a few seconds for water to begin coming out.



Step 5: Adjust water pressure

- Adjust the water pressure regulating knob before usage. Turn it to the lowest level for the first time. Gradually increase the water pressure until the vertical height of the water stream exiting the nasal irrigator tip is two to three inches.



Step 6: Start Irrigating

- Let water stream out of the tip for a few seconds before you begin irrigating to flush out any residual water left in the machine.
- Lean over the sink. Bend your head (like taking a bow), so you are directly facing the sink's drainage hole.
- Keeping your mouth open, without holding your breath, place the tip snugly against your nostril. Turn on the nasal irrigator. Saline will go in from one nostril and drain out the other side. **DO NOT** swallow or spit when irrigating. Use the temporary stop knob on



- To turn **ON**, push button upward
- To turn **OFF**, push button downward

the handle to temporarily discontinue the irrigation if you wish to spit. (To turn the flow on, push the knob upward, and to turn it off, push the knob downward.) Or, you can just remove the nasal tip from your nostril.

- Use 125 to 250 mL, or 4 to 8 ounces, of solution for each nostril.
- Blow your nose very gently, ensuring not to pinch completely to avoid pressure on your eardrums. If tolerable, sniff in any residual solution remaining in the nasal passage once or twice. This may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. Generally, the fluid in your sinuses will exit about 20 minutes later when the cilia are activated.

Step 7: Instructions for Cleaning and Disinfecting Device:

- Refill the basin with distilled or bottled or previously boiled and cooled water and run the machine to flush out any residual solution. To drain water, drop the level of the handle in an open position below the machine level to siphon out the solution.
- Turn basin upside down with top open to allow for the air. When dry, replace the basin on the machine. Be sure lid is kept closed. Do not leave water in the basin.
- After each use, clean the tip with warm water and dishwashing detergent. Be sure to rinse thoroughly and dry completely.

For regular use, follow one of the below disinfecting protocols every 1 to 2 weeks:

Household Bleach Disinfection Protocol: Add 60 mL (about 2 oz) of bleach and fill the basin with water. Run

the machine for about 120 mL (4 oz) back into the basin. Place nasal and throat attachments you have used into the basin. Carefully time 10 minutes and run the solution out through the machine. Rinse the basin thoroughly. Fill with fresh water and run three to four full cycles, or until the solution no longer has the bleach smell. Never use bleach full strength as this will damage the washer rings (O rings). Soaking longer than 10 minutes will damage the rubber or silicone parts.

Vinegar Disinfection Protocol: Fill the basin with 1 part white vinegar and 3 parts hot water. Submerge the tips that you have used in the basin and soak for 30 minutes. Remove the tips and rinse under running water. Run the dilute vinegar solution out through the machine. Fill with fresh water and run three to four full cycles, or until the solution no longer has a vinegar smell. Dry all parts completely.

Hydrogen Peroxide cleaning protocol: Fill the basin with 1 part hydrogen peroxide and 3 parts hot water. Submerge the tips that you have used in the basin and soak for 30 minutes. Remove the tips and rinse under running water. Run the dilute hydrogen peroxide solution out through the machine. Fill with fresh water and run three to four full cycles. Dry all parts completely.

After 10 minutes of continuous use, rest the machine for several minutes to allow the motor to cool.

BE GENTLE in blowing your nose. Generally the fluid in your sinuses will exit about 20 minutes after when the cilia are activated.

NeilMed® Hydro Pulse™ may help natural healing by:

1. Restoring ciliary movement: Cilia are pulsed by speed

and thick mucus may be removed to allow cilia to move.

2. Physically displacing excess mucus: Excessive mucus may be displaced from the sinus cavities by the combination of flow past the opening (Bernoulli's effect) and pulsating pumping action.
3. Removing Biofilm: Biofilm that encircles bacteria as well as actual bacteria may be removed or disrupted.

QUESTIONS AND ANSWERS

Q1. What is the advantage of nasal rinsing?

Some amount of mucus production from the nasal and sinus lining is normal. Allergies and infections will cause excessive mucus production. This creates nasal and sinus symptoms such as runny and stuffy nose and post-nasal drip. When you perform a nasal rinse, you wash away excess mucus and irritants such as pollen, dust particles, pollutants and bacteria, thus reducing inflammation of the mucus membrane. Normal mucosa will fight infections and allergies better, and symptoms may be reduced.

Q2. How much saline mixture should I use for nasal irrigation with the Hydro Pulse™?

Always follow the directions from the manufacturer for the mixture you are using. To make a 480 mL nasal wash, we suggest using 1 green **NeilMed® Sinus Rinse™** Premixed Packet or 2 blue **NeilMed® Sinus Rinse™** Premixed Packets to make an isotonic solution. One can also use 1 **Breathe-ease™ XL** Premixed Packet or 1 scoop of **Breathe-ease™ XL** mixture.

Q3. What if I prefer a higher concentration of salt solution?

Some physicians do recommend Hypertonic (double or triple the saline concentration) solutions in certain cases. They believe that a higher concentration will draw the fluid and excessive mucus out of congested nasal and sinus openings. If you prefer higher salinity or a Hypertonic solution, you can use 2 or 3 times the saline mixture directed above. For example, one may use 2 green **NeilMed® Sinus Rinse™** Premixed Packets, or 2 scoops of the **Breathe-ease™ XL** mixture. As always, be sure to stir until the mixture is fully dissolved.

Q4. Why do you need such a large volume of solution?

A large volume of saline solutions creates a momentum that sweeps away allergens, excess mucus, pollutants, dust and animal dander in the path of the flow.

Q5. Why do you recommend low pressure and not high?

Low pressure will ensure that no discomfort is experienced in the ears or sinuses.

Q6. Q6. What temperature should the water be?

Most persons prefer lukewarm or body temperature. NEVER use HOT water – above 100.5° F.

Q7. What about cold water?

Cold water tends to shrink the membranes and can be used, although many users will find this uncomfortable.

Q8. What is the best time of day to do a nasal rinse?

Nasal rinses can be done at any time of day, however, we recommend that you rinse at least one hour before leaving your home or going to bed. This is to avoid the occasional drainage of a small amount of leftover solution or liquefied mucus from the nasal passages,

which may drip down the throat or out of the nose shortly after irrigation.

Q9. How many times a day can a nasal rinse be performed?

Most users find that rinsing twice a day is most beneficial. In our opinion, rinsing 3-4 times per day or for special circumstances, even rinsing up to 6 times per day, is safe. Please follow your physician's advice.

Q10. What are the causes of a burning sensation related to nasal irrigation?

Under normal circumstances, you should not feel any burning or stinging if you have created the proper dilution with NeilMed Sinus Rinse or BreatheEase XL mixtures. Causes of a burning sensation include:

1. Forgetting to put the saline mixture in the tank
2. Using more than the specified quantity of mixture for the water quantity
3. Using water that is too hot or too cold
4. Not thoroughly dissolving the mixture in the water

If you are following all directions and still experiencing burning or stinging, please discontinue nasal rinsing and contact our customer service department for advice.

Q11. What should I do if the nasal rinse causes pain in the ear?

Nasal rinsing is not recommended if you have an acute or new ear infection or ear discomfort of any kind. We advise that you consult your physician before starting rinses, or wait until symptoms subside. If symptoms recur, stop the rinses and consult your physician as soon as possible.

Q12. What is my nasal passage feels stuffy after using the rinse?

Some people experience reflex or rebound congestion with exposure to saline. This condition is usually very transient. If symptoms continue, consider using a Hypertonic (double strength) solution, or use an over-the-counter decongestant for a day or two. This is usually a very benign and mild condition that should resolve with time. Unless very symptomatic, there is no need to discontinue ongoing irrigation. It will most likely resolve on its own.

Q13. Can I add any other ingredients, such as eucalyptus oil, alcohol, herbal medications, corticosteroids, or antibiotics?

Please check with your physician, as there are various options available. We will not give any recommendations.

Q14. What should I do if I happen to swallow the saline during the nasal irrigation procedure?

It should not cause any harm, even if you have high blood pressure or a heart condition. If you follow our directions, tilting your head forward, the chances of solution reaching the back of the throat are very small.

Q15. Is it common for solution to drain from my nose after rinsing?

Yes, this is very common, and is why we do not recommend rinsing your nasal passages right before going to bed. This will generally happen in the 15 to 20 minutes after using the rinse.

Q16. Should workers exposed to occupational dust perform nasal rinses?

Workers who are exposed to large amounts of

environmental or occupational dust from construction work, farming, mining and various other occupations may benefit from regular use of the nasal rinse procedure. You should rinse the nose as soon as possible after exposure. The sooner the irritant is removed from the delicate membranes, the less likely it is that the membranes will become inflamed and congested.

Q17. Do nasal rinses improve the sense of smell?

We know that chronic rhinitis and sinus symptoms will adversely affect the sense of smell and taste. Nasal rinses will symptomatically improve many nasal and sinus conditions. There are no medical publications at this time to show any correlation between rinses and sense of smell.

Q18. What is rhinitis?

Rhinitis is an inflammation of the mucosa (the delicate lining of the inner body surfaces) of nasal passages.

Q19. What is sinusitis?

Sinusitis is an inflammation of the mucosa of various sinuses.

Q20. How does one differentiate between rhinitis and sinusitis?

Due to overlapping symptoms, it may be difficult to differentiate between the two. Usually, symptoms of rhinitis include stuffy, runny, or drippy nose, scratchy throat and dry cough. Symptoms of sinusitis are more severe than the symptoms of rhinitis and often include increased nasal secretions and pain around the sinuses, such as facial pressure and pain.

Q21. What are the symptoms related to sinusitis and blockage of the ostia (openings of the sinuses)?

The following are symptoms of acute & chronic sinusitis:

- Nighttime cough due to post nasal drip
- Pain in the upper jaw or teeth
- Loss of sense of smell or taste
- White, yellow or green discharge
- Nasal Congestion
- Runny nose
- Headache
- Persistent Fatigue
- Facial Pressure
- Snoring
- Ear Pain
- Fever

Q22. What are the causes of rhinitis and sinusitis?

- Cold viruses
- Allergies, including food allergies
- Bacterial or fungal infections
- Grass
- Dust, smog, or environmental pollutants
- Nasal polyps and deviated nasal septum
- Moderate to severe gastroesophageal acid reflux disease (GERD)
- Smoking

Q23. Can nasal rinses prevent or reduce a head cold or flu symptoms?

In the initial stages of a head cold and/or flu, saline rinses in large volume help reduce excess mucus and keep

sinus passages clear.

Q24. How do I know if I need surgery for my sinuses?

There are various forms of endoscopic sinus surgeries (ESS or FESS) that can often cure or improve symptoms. We strongly advise that you contact your physician. You can request your doctor to refer you to an ENT (ear, nose & throat) or allergy specialist if your symptoms are not improving.

Q25. What is FESS & ESS?

Functional Endoscopic Sinus Surgery (FESS) is a commonly used term for endoscopic sinus surgery (ESS) and generally involves very little post-operative discomfort. Current technology including fiber optics, video cameras, high resolution video monitors and high resolution advanced CAT scanners allow excellent examination of all openings of the sinuses, nasal turbinates and nasal septum. When required, surgery will restore the anatomy to as normal as possible or more likely as functional as possible by removing obstructions and improving drainage. FESS or ESS can help improve or, in many, cases cure the symptoms of chronic sinusitis.

Q26. Would I need to change my nasal irrigation technique after sinus surgery?

You may need to rinse more carefully, and you may find that a larger amount of rinse solution will be necessary. For best results, after you finish rinsing, you may need to take a little more time to change head positions to allow more complete drainage from the sinuses. While bending over the sink, tilt your head sideways to help improve the drainage of any residual rinse solution. A lot of the post sinus surgery population may require more

frequent rinsing. Consult with your physician about safe and effective post-operation nasal irrigation.

Q27. What is a corticosteroid nasal spray?

Synthetic or pharmaceutical corticosteroids are anti-inflammatory drugs. They are not anabolic steroids so please do not confuse these two. Physicians prescribe corticosteroid nasal sprays to reduce chronic inflammation of the mucosa (mucus membrane) of nasal passages and sinuses.

Q28. What are nasal decongestants and when do I use them?

Nasal decongestants constrict the dilated blood vessels and reduce nasal and sinus congestion. You can ask further advice about when to use them from your doctor or pharmacist.

Q29. What are antihistamines?

Antihistamines are the most common medications used to treat allergies. They work by blocking the effects of histamine, which is released during an allergic reaction. They help relieve the symptoms of sneezing, itchy nose and eyes and runny nose. They are not as helpful with nasal congestion.

Q30. Can I drink alcohol during acute or chronic symptoms of rhinitis and sinusitis?

Some individuals may get skin flushing and nasal congestion with the use of alcohol. Alcohol worsens these symptoms and it is recommended that you check first with your doctor or do not use alcohol while these symptoms persist.

Q31. Does smoking lead to rhinitis and sinusitis?

Yes, smoking can lead to rhinitis and sinusitis due to

constant irritation.

Q32. Does rhinitis or sinusitis affect asthma?

It has been established that there is a definite correlation between the symptoms of rhinitis, chronic sinusitis and asthma. This is based on the unified or united airway disease, as all the areas are contiguous. Curing or reducing rhinitis or sinusitis may improve the symptoms of asthma significantly. Approximately 80% of the patients suffering from allergic asthma have coexisting allergic rhinitis.

Q33. What are allergens or allergy inducing particles?

Allergens are usually organic particles that attach to the nasal mucosa or respiratory mucosa and lead to the development of an antibody, which creates a series of chemical reactions leading to allergic symptoms. Everybody's reaction to allergen exposure is different. The same amount of exposure to allergy particles can cause mild, moderate, or severe reactions in different people. Some may not have any reactions at all. Those with moderate to severe reactions will have symptoms.

Q34. Can you name a few allergens?

There are indoor allergens as well as outdoor allergens. Examples of indoor allergens include dust mites, molds, pet dander (from animals and birds) and pests. Examples of outdoor allergens are pollen, grass, wood dust, and mold. Other substances such as cigarette smoke, perfumes and aerosol spray can be irritants and worsen allergy and sinus symptoms, or can act as allergens themselves.

Q35. Are allergens always visible?

Most individual allergens are not visible. Dust mites

are a typical example. They are not visible to the naked eye, yet they are present in every house. Dust mites are microscopic creatures that feed on human skin flakes and are present in mattresses, pillows, carpets and upholstery.

Q36. How do I reduce the problem of dust mites?

Clean all the areas where dust may be collecting. Carpets and sofa upholstery should be vacuumed on a regular basis. Wash pillow cases, sheets and blankets in hot water. Enclose mattresses and pillows in special allergy proof encasements. You can also contact an allergy care or supply company for more details.

Q37. What is mold?

Mold is a fungus. It can be present in any area where it is damp and warm, especially in basements, bathrooms, kitchens and water damaged areas, such as wood, carpets, water coolers and heater fans.

Q38. What is pet dander?

Any pet with hair or feathers will shed dander. These tiny particles come from its skin. Dander is a very common cause of indoor allergies in the home and in other areas where animals and birds are raised.

Q39. What is seasonal allergic rhinitis?

Allergy symptoms that bother you only at certain times of the year, such as spring or autumn, are commonly called hay fever, or seasonal allergic rhinitis. These symptoms are commonly caused by pollens and occasionally molds.

Q40. What is perennial allergic rhinitis?

This occurs when a person develops symptoms throughout the year whenever he or she is exposed to

specific allergens, such as dust or cat dander.

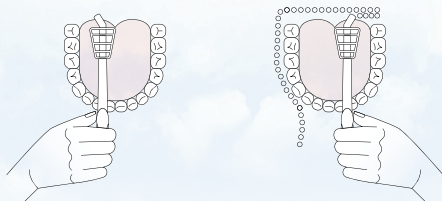
We hope you have gained useful information from this literature. We are confident that **NeilMed®** brand products will help you breathe more freely and comfortably. In our efforts to improve our products, we appreciate any feedback you may have. Write to us at questions@neilmed.com

Thank you.

USE OF THROAT IRRIGATOR

Throat Irrigator Directions:

1. Attach **Grossan Original Throat Irrigator Tip®** by pushing the rim into the groove of the handle until it clicks in place.
2. Fill basin of irrigator with warm water. You can irrigate with plain water or add one teaspoon of salt or one capful of mouth wash.
3. Always set irrigator at lowest setting. Turn on and off at the handle.
4. Set the throat tip so that the length is parallel to the tongue, to the right of the midline. Aim for just behind the last lower tooth.



5. Lean over the sink. Turn on irrigator. Make sure it is

set on low. A gentle water stream will massage the throat, tonsils and tongue, depending on how you have positioned the tip. Some persons may experience gagging if the stream enters too far back in the throat. Gently pull the scraper back and forth on the tongue to remove odor causing particulate matter.

6. Turn off the unit and rinse the throat tip thoroughly with clean water.

For fresh daily breath, use once in the morning.

For onset of sore throat, use 4 times a day.

For severe infected throat, follow your doctor's direction.

How It Works:

The **Grossan Original Throat Irrigator Tip®** sends a gentle, pulsating stream of solution over the throat. Unlike gargles and mouthwashes, the original throat irrigator may penetrate pores and crevices to gently rinse away food particles and odor causing bacteria for cleaner, fresher breath. The pulsatile action may get into the deep crevices of the tonsils.

TONGUE CLEANING

Food particles and debris may lay stagnant on the tongue. Use the tongue scraper by gently moving from back to front, either without the stream or with the stream set to low. If there is any bleeding, stop and see your doctor. Do not use to treat a lesion or growth of the tongue. In this case, seek medical advice.

For Good Throat Hygiene, Remember the Following Rules:

1. Never clear your throat with excessive force.
2. Do not use sore throat medications more often than directed.
3. Excessive dryness of the air is not good for your throat. A simple bowl of water in the bedroom at night may help prevent this.
4. Avoid gargling. This can cause hoarseness and strain the voice.

BAD BREATH PROBLEMS

Breath problems can affect your health and social relations. Most breath problems come from breakdown of proteins by certain bacteria from the nose, mouth, and throat. There are a small number that can come from a serious chest condition, but these are usually noted at once because the patient is sick. Most breath conditions can occur in otherwise healthy persons. The **Hydro Pulse™** is designed to aid most breath problems.

Anything that dries the mouth can lead to odor because the natural flora of the mouth is no longer washed away, so the bacteria can multiply and give off odor. Fasting, dieting, drying medications, and dry mouth on awakening are common causes. Certain conditions that decrease saliva flow cause “stasis” of the salivary liquid and dryness of the mouth.

Sinus and throat irrigation with the **Hydro Pulse™** Nasal/Sinus Irrigation System is an effective method to help control bad odors resulting from excessive mucus, post-nasal drip, tonsil stones, and sinus infections. The **Hydro Pulse™** helps to minimize the amount of excess mucus

in the back of the throat, and more importantly, to make sure you neutralize odor caused by this excess mucus.

Q1. I was told that if I use the throat irrigator I could avoid tonsil surgery. Is this true?

If the tonsils are diseased, washing them out in this manner and improving drainage may potentially help restore the tonsils to health. Consult your doctor.

Q2. What is the best solution to use for throat irrigation?

Consult your health professional on this. Most persons prefer to use over the counter mouth wash solutions that have been diluted with water. Saline or plain water are fine as well. It is the stream pulsation that really helps.

Q3. How often should I irrigate the throat?

For general breath control, irrigate once a day. To prevent a sore throat or at the early onset of a throat problem, irrigate 4 to 6 times a day, or as needed.

Q4. Can I use the same solution for my throat after I finish the nasal irrigation?

Yes, you can use the nasal solution for the throat, but you cannot use any ordinary throat solution for the nasal irrigation.

Q5. I have used the nasal irrigation, throat irrigation and tongue cleaner, but I am told I still have a breath problem. What are other possibilities?

Pulsatile nasal and throat irrigation and tongue cleaning takes care of a lot of causes of breath problems. You still must floss daily. Other causes include gum or periodontal disease, dental disease, acid reflux and lung infection. Speak to your health professional.

ORDERING INFORMATION

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