

# FRESNOZ<sup>+</sup> NASAL RINSE

Saline nasal rinse kit

 AiPharma

Kit for rinsing of nose & sinuses

MEDICAL DEVICE

## INSTRUCTIONS FOR USE

Carefully read the whole instructions for use contained in the package, as it contains important information for the patient about the use of the product Fresnoz Nasal Rinse, and then store it in case the need to re-read.

### 1. What is Fresnoz Nasal Rinse?

Fresnoz Nasal Rinse is a kit for rinsing the nose and sinuses. Preparation contains soluble substance, sodium chloride intended to prepare the isotonic or hypertonic solution uses for rinsing the nose and sinuses. Fresnoz Nasal Rinse clears and purifies the nose and sinuses from the excessive secretions and residual of mucus thereby limits the accumulation of factors affecting the formation of infection.

#### Indications :

In prevention or symptomatic care of the nose or sinuses, mainly in the case of:

- ✔ Rhinosinusitis
- ✔ Catarrh of various origins
- ✔ For hygiene of the nose and sinuses

### 2. Difference between hypertonic and isotonic solution.

**Hypertonic solution** has higher concentration of salt that is in human body cells, what allows to reduce the swelling of the nasal mucous in natural way. Therefore hypertonic sea water without content of medical substances unblocks the nose during infections, sinusitis and allergy.

**Isotonic** is a solution of physiological concentration of salt, which is identical as in human body cells. It is solution used to cleanse the nose from secretions, germs, dust and allergens. Additionally it moisturizes nasal mucosa.

### 3. Dosage and use :



The kit is safe and can be used by children over 4 years of age.



1-3 times daily or as directed by a physician.



For prophylactic use 2-3 times per week.



1 hour after rinsing do not go outside (at the temperature below 19°C).



Rinsing should be carried out at least one hour before going to sleep.



Each time before rinsing, check the water temperature.

- Do not use the device after the expiration date located on the bottom of the box and sachet, and when the packaging is damaged.
- Store in original container at temperature 15-25°C.
- Keep out of the reach and sight of children.
- Fresnoz Nasal Rinse can be used by pregnant women and during breastfeeding.
- Fresnoz Nasal Rinse has no influence on the ability to drive and use machines.
- People can experience a burning sensation when the saline rinse enters the nasal passageways.

#### How to use :

1. Before first use clean the bottle under running water.
2. Dissolve 1 sachet (2.16g) – to prepare isotonic solution or 2 sachets to prepare hypertonic solution in 240 ml (to the level marked by line) of boiled water of temperature about 36.6°C.

3. Precisely screw the cap on the bottle and shake to dissolve the substance in water.

Place the bottle into your nostril. Breathe through your mouth.

4. Squeeze the bottle smoothly so that half of the solution gets into the nose hole and come out the other nasal hole.

5. After a while repeat rinsing in the second nose hole using remaining part of the solution.

6. Do not swallow the solution. After the rinsing clean the nose by blowing. Pour out the unused amount of solution.

7. After each use clean the bottle.

8. For rinsing, use only original and clean components of the Fresnoz Nasal Rinse and fresh solution.

9. For reasons of hygiene and to avoid possible transfer of infection it is recommended to use one bottle for one person.

#### 4. Contraindications :

- Do not use in case of hypersensitivity to sodium chloride.
- Do not use the product in case of open, not healed wounds in nose, particularly dry not healed wounds after surgery.
- The kit should not be used in people with completely blocked nasal septum or ear infection of blockage.
- Do not use in case of problems with balance.
- Do not use for people with serious nose bleeding.
- After ear surgery, before use please consult with your doctor. In the case of diseases manifested by narrowing of the airways (eg. asthma, bronchitis, etc.) usage of product should be consulted with your doctor.
- In case of any questions or when the symptoms persist for a long time please consult with doctor.

#### 5. Storage conditions :

- Store in original container at temperature 15-25°C.
- Keep out of the reach and sight of children.

#### 6. Composition :

**Composition of the sachet :** Sodium chloride.

#### 7. Package description :

The basic kit contains bottle of capacity 250 ml and 12 sachets (2.16 g each) with instructions for use in the box.

The expansion kit contains 30 sachets (2.16 g each) in the box with instructions for use.

#### Symbols presented on a package



Manufacturer



Manufacturing date



Expiration date



Batch number



Read instructions for use



Storage temperature



Do not use if the packaging is damaged



Catalogue number

#### Date of instruction for use actualization:

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