

## Waterpulse Nasal 300 ml, Sinus Rinsing Kit

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## Waterpulse Nasal 300 ml, Sinus Rinsing Kit (300ml)

Model: YT-300, | Brand: Waterpulse



## 1. INTRODUCTION

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The Waterpulse Sinus Rinsing Kit is designed to provide effective nasal irrigation, helping to clear nasal passages and sinuses. Regular use can offer relief from various nasal symptoms, including those associated with colds, influenza, allergies, sinusitis, rhinitis, and dry air. This manual provides comprehensive instructions for the safe and proper use of your kit.

## 2. IMPORTANT SAFETY INFORMATION

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Please read and understand all safety warnings before using this product. Failure to follow these instructions may result in injury or discomfort.

- **Use Only Safe Water:** Always use distilled, sterile, or previously boiled and cooled water for nasal irrigation. Tap water is not safe for nasal rinsing unless it has been sterilized.
- **Use Appropriate Saline Solution:** Use the Nasal Rinse Salt (saline packets) provided with the kit (30 packets included), or use a saline solution specifically designed for nasal irrigation. Do not use plain water alone, as it may cause severe discomfort or irritation of the nasal passages.
- **Consult a Healthcare Professional:** If you have a completely blocked nasal passage, an ear infection, or have recently undergone ear or nasal surgery, consult your doctor before using this product.
- **Discontinue Use if Uncomfortable:** If you experience any pain, pressure, or discomfort during or after use, stop immediately and consult a healthcare professional.
- **Individual Use:** This device is intended for individual use only. Do not share to prevent the spread of infection.
- **Keep Out of Reach of Children:** Store the kit and saline packets in a safe place away from children.

## 3. PACKAGE CONTENTS

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Your Waterpulse Sinus Rinsing Kit includes the following items:

- 1 x Waterpulse 300 ml Bottle
- 1 x Adult Nasal Wash Tip
- 1 x Child Nasal Wash Tip
- 1 x Thermometer Sticker

- 30 pcs x 2.7 gr Nasal Rinse salt( Saline Packets ), Component: 2.7 gr Sodium Chloride



## 4. SETUP INSTRUCTIONS

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### 4.1. Attaching the Thermometer Sticker

The included thermometer sticker helps you ensure the water is at a suitable temperature for nasal rinsing.

1. Carefully peel the backing off the thermometer sticker.
2. Adhere the sticker to the side of the Waterpulse Neti Pot bottle, ensuring it is smooth and free of air bubbles.
3. When water is added, the thermometer will indicate the temperature, with an "OK" mark for the suitable range.

# HOW IT WORKS



## For Adults

Wide hole for smooth water flow



## For Children

Four small holes for gentle water flow



Image: A close-up of the Waterpulse bottle with the thermometer sticker applied, indicating the optimal temperature range for nasal rinsing.

### 4.2. Preparing the Solution

Proper preparation of the saline solution is crucial for a comfortable and effective rinse.

1. **Prepare Water:** Fill the Waterpulse bottle with 300ml of distilled, sterile, or previously boiled and cooled water. The ideal temperature is approximately 37°C (98.6°F). Use the attached thermometer sticker to verify the temperature.
2. **Add Saline Solution:** Add the appropriate amount of pre-mixed saline solution or nasal rinse salt (following the salt manufacturer's instructions) to the water in the bottle.
3. **Mix Thoroughly:** Securely attach the cap with the chosen nasal tip to the bottle. Shake the bottle gently until the salt is completely dissolved.



Image: A hand demonstrating the addition of a nasal wash salt packet into the Waterpulse bottle.

Video: This video demonstrates the unboxing, assembly, water preparation, and initial use of the Waterpulse. It shows the inclusion of salt packets, which may vary by kit version. Always refer to your specific product packaging for included items.

## 5. OPERATING INSTRUCTIONS

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Follow these steps for effective nasal rinsing:

1. **Position Yourself:** Stand or lean over a sink. Tilt your head to one side, ensuring your forehead and chin are roughly level.
2. **Insert Tip:** Gently insert the chosen nasal tip into your upper nostril, creating a comfortable seal.
3. **Start Flow:** Press the button located on the bottom of the bottle to initiate the flow of the saline solution. Breathe through your mouth throughout the process. The solution will flow through your nasal passage and exit through the lower nostril.
4. **Stop Flow:** Release the button to stop the flow of the solution.
5. **Repeat:** Remove the tip from your nostril. Gently blow your nose to clear any remaining solution and mucus. Repeat the process for your other nostril.
6. **Final Clearing:** After rinsing both nostrils, gently blow your nose to remove any residual solution. Avoid blowing too hard, as this can cause ear discomfort.



Image: A visual guide demonstrating the correct posture and technique for using the Waterpulse , showing the saline solution flowing from one nostril to the other.

## 6. NOZZLE SELECTION

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Your Waterpulse kit includes two different nasal tips to suit various users:

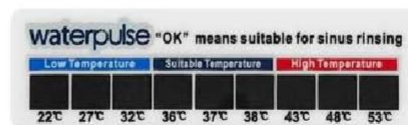
- **Adult Nasal Wash Tip:** Features a wider opening for a smooth and consistent water flow, suitable for adult nasal passages.
- **Child Nasal Wash Tip:** Designed with four small holes to provide a gentler water flow, ideal for children or individuals who prefer a softer rinse.

# waterpulse®

Nozzle for  
Child / Adult



X 2



X 1

Image: A comparison of the two included nasal tips: the adult tip with a single wide hole and the child tip with four smaller holes for a gentler flow.

## 7. CARE AND MAINTENANCE

Proper cleaning and maintenance ensure the longevity and hygienic use of your waterpulse bottle.

1. **After Each Use:** Disassemble the bottle and nasal tip. Wash all components thoroughly with warm water and a mild, non-abrasive soap.
2. **Rinse Thoroughly:** Rinse all parts completely under running water to remove any soap residue.
3. **Air Dry:** Allow all components to air dry completely before reassembling or storing. Place them on a clean towel or drying rack.
4. **Storage:** The product should be stored in a cool, dry, well ventilated place. Avoid direct sunlight, and kept it away from corrosive liquid or gas.
5. **Dishwasher Safe:** The Waterpulse bottle and tips are designed to be dishwasher safe for convenient cleaning.

## 8. TROUBLESHOOTING

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If you encounter any issues while using your Waterpulse , refer to the following common problems and solutions:

- **Water Not Flowing:**
  - Ensure the button on the bottom of the bottle is fully pressed.
  - Check that the nasal tip is securely attached and not blocked.
  - Verify that the air valve at the bottom of the bottle is not obstructed by your hand.
  
- **Discomfort or Burning Sensation:**
  - Confirm the water temperature is correct (around 37°C / 98.6°F) using the thermometer sticker. Water that is too cold or too hot can cause discomfort.
  - Ensure the saline solution concentration is appropriate. Using too much or too little salt can cause irritation.
  - Always use distilled, sterile, or previously boiled and cooled water. Tap water can contain impurities that cause irritation.
  
- **Water Not Coming Out the Other Nostril:**
  - Adjust your head tilt. Your forehead and chin should be roughly level.
  - Ensure you are breathing through your mouth, not your nose.
  - If you have severe nasal congestion, the solution may not flow freely. Consult a doctor if congestion persists.

## 9. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Waterpulse
Model Number	YT-300
Capacity	300 ml
Product Dimensions	16 x 11 x 7.5 cm
Item Weight	200 Grams
Material	BPA Free Plastic
Specific Uses	<ul style="list-style-type: none"><li>• Sinus Pressure, Sinus Control</li><li>• Cleansing mucus, dust, allergens, and irritant particles from the nasal passages</li><li>• Reducing nasal congestion and blockage</li><li>• Relieving symptoms of the common cold and influenza</li><li>• Adjunctive support in acute upper respiratory tract infections</li><li>• Reducing symptoms of allergic rhinitis</li><li>• Improving symptoms of acute and chronic sinusitis</li><li>• Post-operative care and cleansing after sinus surgery</li><li>• Moisturizing dry nasal mucosa (e.g., in dry climates or air-conditioned environments)</li><li>• Reducing mucosal inflammation and improving mucociliary clearance</li><li>• Helping reduce nasal discharge and improving quality of life in chronic nasal conditions</li></ul>