

Grossan Hydro Pulse™ Quick Instructions

These are only a brief summary of the Directions for Use that come with the Grossan Hydro Pulse™ Nasal / Sinus Irrigation System. Please read the full directions that came with your Grossan Hydro Pulse™ system, and follow them carefully.

1. Add one pre-mixed packet of Breathe-ease XL™ to reservoir of the Grossan Hydro Pulse™, or one teaspoon (one scoop) of Breathe-easeXL™ powder.
2. Fill the reservoir with clean, lukewarm water to the 500 cc mark (about 16 ounces). Mix until all powder is dissolved. Replace the reservoir on the base.
3. Attach nasal tip by lining up the tab on the tip with the groove in the handle, and pushing the tip into the handle. Do not twist the tip.
4. Move the handle-mounted switch to "on".
5. Position the soft nasal tip over the sink, open end pointing upward. Turn on the unit by pushing the on-off switch on the base of the unit.
6. Use the volume control dial on the Grossan Hydro Pulse™ base to adjust the stream so that it is almost one inch high.
7. Turn off machine. Insert the soft end comfortably into the nose.
8. Lean far in to the sink - like taking a bow - so you can see the drain. In this position, none of the solution will go in your throat, and the treatment will be comfortable and pleasant.
9. Turn on machine using the on-off switch on the base. The solution will gently go in one side of the nose and out the other while stimulating nasal cilia and removing undesirable material.
10. Keep the head midline. Do not blow nose or swallow while solution is flowing. To sneeze or swallow, turn stream off.
11. Use about 1/2 the basin on each side.
12. You **MUST** clean the machine by running a full reservoir of fresh water into the sink when you are done. If you do not, salt crystals will build up, the machine will fail, and this failure is not covered by warrantee.
13. Carry a tissue for 20 minutes after use. It is normal for small drops of fluid to exit the nose for some time after treatment.

Notes On Use

ALWAYS FOLLOW YOUR DOCTOR'S ADVICE WHEN USING THIS DEVICE.

Using once per day is usually sufficient for ordinary post nasal drip and rhinitis. If return is colored and thick, consider twice a day.

Never blow your nose forcefully; blow only gently, with both sides open.

Please read the complete instructions that come with each Hydro Pulse™ Nasal/Sinus Irrigation System, and use only as directed. Excerpts from *The Sinus Cure*, other useful information about sinuses, and instructions for cleaning and sterilizing your Hydro Pulse™ are included with every system.
