

设计		审核	
审核		批准	

iHealth[®] Fresh

Electric Nasal Wash System

Quick Start Guide

Choosing a Nasal Wash Tip



Standard

Adult/Children



Nasal-Congestion-Safe (L)

Adult

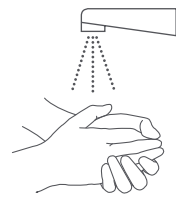


Nasal-Congestion-Safe (S)

Children

Preparing for Nasal Wash

1. Wash your hands and dry thoroughly.



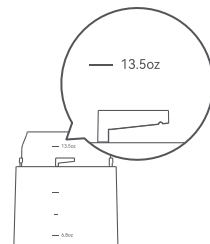
2. Insert the Magnetic Nasal Wash Tip until you hear the click sound.



3. Fill the Water Tank with water

Fill the water tank up to the 13.5 oz line. Use only sterilized or water that is safe for nasal use. Suitable options include:

- Boiled water (for at least five minutes)
- Distilled water
- Micro-filtered water (through 0.2 microns)
- Reverse osmosis filtered water
- Commercially bottled water

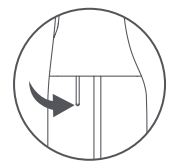


4. Check Water Temperature

After adding the water to the 13.5 oz line, the temperature of the water will be displayed.

For a comfortable nasal wash, the water should be around 98 °F (close to body temperature).

Always verify the temperature before adding the saline packet.



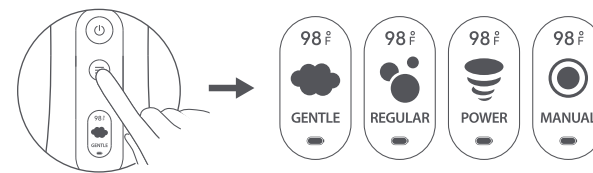
Water Temperature Sensor Position

5. Add Saline Packet and Swirl to Mix

Pour in the iHealth Fresh Saline Packet and swirl the water tank to ensure it is thoroughly mixed.

Performing the Nasal Wash

1. Press the mode button to select your desired mode.



2. Stand in front of a sink, bend forward, and tilt your head down. Keep your mouth open, and either hold your breath or breathe through your mouth. Place the tip snugly against your nostril, then press the power button to begin.



3. After half of the tank is used, switch to the other nostril.



4. Blow your nose very gently, without pinching it completely, to avoid putting pressure on your eardrums.



Storing the Nasal Wash System

After each use, empty the water tank, refill it with clean water, and reattach it to the main unit.

Run the device until the water tank is completely empty. Rinse the tip under running water. Finally, place the main unit and tip in a dry area to air dry naturally.



Now you can enjoy fresh and comfortable breathing

* Please read the instruction manual carefully to ensure the safe and proper use of this device.



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100.0