

SINH₂OX WASHER



User manual



SINHOX₂®
HEALTH & CARE

Before product use.

Read the instructions carefully and keep this manual for future reference

Safety instructions

All information in this section is provided to avoid personal injury and damage to property.

The nasal washer is BPA- and preservative-free and safe for everyday use. To be used for cleaning the nose and reducing the risk of colds, allergies and sinusitis including:

- nasal dryness
 - stuffy nose and sinus pressure
 - nasal symptoms due to flu or the common cold
 - nasal irritation due to dust, pollution, animal fur, pollen and smoke
 - following surgery on the nose and para nasal sinuses (only when indicated by your specialist !!!)
- Read all instructions prior to use

Warning

- For reasons of safety do not use this appliance if your nose is completely blocked
- For reasons of safety do not use it if you have an ear infection or pressure in the ear
- For reasons of safety do not use on children under the age of 6

This device is not designed for use by children and persons with physical or mental disability or with limited ability or experience. In such cases supervision and help from a person responsible for their safety is required

- For reasons of safety do not use immediately after nasal or sinus surgery unless indicated by your specialist who will advise you accordingly.
- For safety reasons do not use the device in the case of open wounds or bleeding from your nose or sinus passages
- Use only as directed. This device is suitable for nasal washing only. Do not use for the ears, under the tongue or other sensitive areas
- Do not use with cold water or without saline solution. Do not fill the tank with water that is hotter than 40 ° C
- Use with warm tap water, distilled or previously boiled water (making sure it has cooled prior to use), mineral water.
- Do not use this appliance in the case of malfunction, if it has been dropped or damaged, or immersed in liquid of any kind
- do not immerse in water
- for safety reasons do not use the appliance when wearing nose jewellery
- do not put foreign objects in the saline solution
- The device is not intended for medical use
- Keep the device clean. Ensure residual water is removed and continue to run the appliance for a few seconds following use. **Failing to follow these simple measures can result in damage to your health and the development of mould or bacteria on the device.** This could cause unpleasant odours and malfunction.

Battery information

- Insert the batteries correctly checking the + and - ends
- Remove dead batteries and dispose of them appropriately
- Remove batteries if the unit is not to be used for an extended period of time
- Do not throw batteries in the fire

Do not tamper with

Never tamper with the machine, do not disassemble or try to repair it yourself

Precautions

Do not let children play with the device



SINH₂OX®

SINH2OX HEALTH AND CARE srl
via ferdinando bocca 11, 10132 torino, italy
p. iva 10867140013
share capital € 40.000 i.v.

RI- CCIAA registration: No. TO-1168289 of 21/01/2013 - Turin
tel. +39 333 6246062 and: info@sinh2ox.com

www.sinh2ox.com - follow us on Facebook, You Tube and Google

Contents

The Sinh2ox washer is provided in a handy plastic bag.
Included with the unit (batteries not supplied) there are:

- 2 different coloured tips
- 15 salt sachets for preparing the saline solution
- 1 replacement suction hose

Specifications

Power: 3 AA-4.5V DC batteries

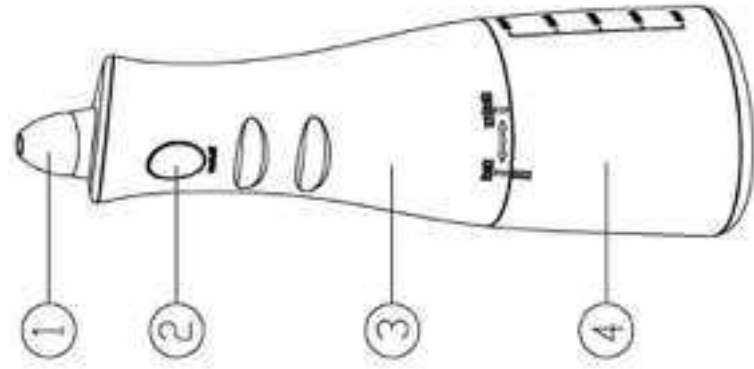
Weight: approximately 265 g without batteries

Capacity: about 300 ml

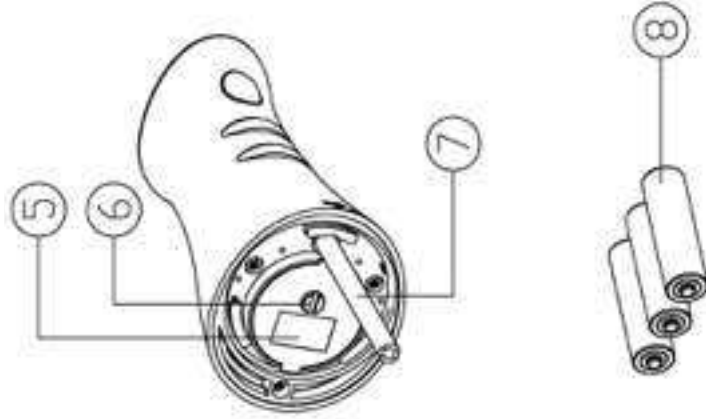
Dimensions: 73 (L) x 89 (P) x 244 (A) mm



Identification of nasal washer parts



1. Nasal tip
2. Switch
3. Main unit
4. Tank
5. Battery cover
6. Battery cover screw
7. Suction hose
8. AA batteries (not included)

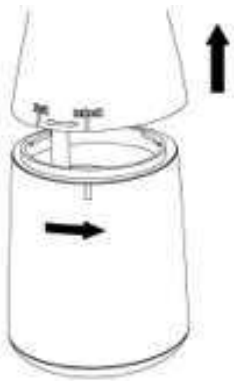


For best results, nasal washing should be performed 1-2 times a day. Begin with a jet of warm water in which 1 teaspoon of salt has been dissolved.
If your nasal passage or ears are completely blocked discontinue nasal washing and seek medical advice.

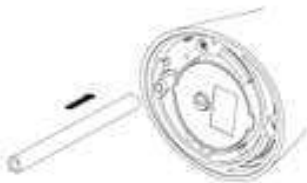
Note

Following use, liquid residue may remain in the unit (main unit, tank, suction hose). Providing the general maintenance instructions have been followed there is no risk to health.

Preparing the washer for use



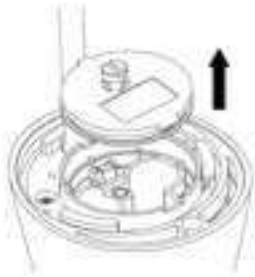
disconnect the blue tank from the main unit by turning it counter-clockwise



insert the suction hose if not attached to the main unit



loosen the battery cover screw on the main unit using a coin or screwdriver (do not remove it completely). Note: the screw will remain inserted in the battery cover



Gently raise by lifting the larger tab.



Insert 3 AA batteries in the compartment as per instructions (follow the + and - signs). USE GOOD QUALITY ALKALINE BATTERIES ONLY. If you do not intend to use the device for an extended period of time, remove the batteries from the compartment before putting the appliance into storage. **Liquid from leaking batteries can cause irreparable damage to the washer and is not covered by warranty.**

Used batteries should be disposed of in appropriate collection bins



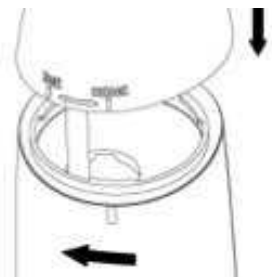
Replace the cover by first inserting the larger tab into position.



Push the lid firmly into the slot until fully inserted. **Only then should the screw be tightened**



N.B. Rather than forcing closure with the screw, push the lid down well with your fingers beforehand. **DANGER OF BREAKING THE COVER**



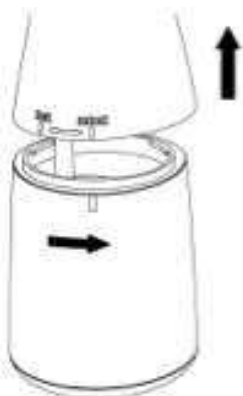
Insert the suction hose from the main unit into the hole in the blue tank. Align the notch on the blue tank with the main unit opening notch and turn clockwise to the stop mark.



Place the tip into the soft silicone. Two tips are provided for multiple users

Perform the nasal wash with the nasal washer

Carefully clean the washer before using it for the first time



Remove the blue tank by turning it counter-clockwise from the lock position towards the release position and separate it from the main unit.



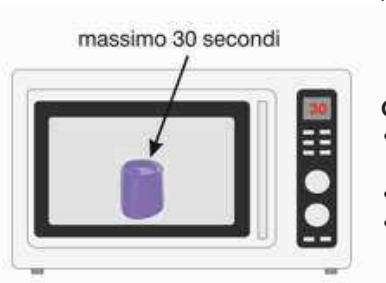
Place the blue tank on a level surface, pour the contents of one packet of salt into the tank

Fill the blue tank with 250 ml of water. If necessary, heat in a microwave oven to the desired temperature.

Gently shake the tank before replacing the main unit to encourage the

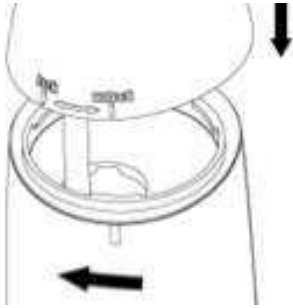
salt to melt.

N.B. Salt contact with metallic parts and the battery compartment cover screw will promote rust.



Caution:

- do not heat the blue tank in the microwave unless it has been filled with water
- **do not use water that is hotter than 37 °**
- do not leave in the microwave for more than 30 seconds



Reassemble the washer by inserting the white suction hose into the hole of the blue tank. Align the notch on the blue tank with the main unit release notch and rotate clockwise to secure the main tank unit.



- Stand at the sink, tilt your head forward and place the soft tip into one nostril.
- hold the device upright.
- open your mouth,
- press the power button and wait until the water flow comes out of the opposite nostril.
- wash the nostril until there is no liquid left in the reservoir (about 30-40 seconds)
- allow your nose to drip for a few seconds then gently blow to remove any mucus, bacteria or excess water from your nose.
- repeat on the other side.

Discontinue washing if you experience discomfort, pain or pressure.

Maintenance

Soft tip

Remove it from the main unit, wash with water and then dry

Tank

after nasal washing: Remove the tank and rinse under running water to remove any salt residue. Fill with clean water, reassemble and operate the unit for a few seconds, empty and drain until dry.

The tank may also be cleaned in the dishwasher.

Main unit

Rinse and remove any dirt using washing up liquid and wipe with a dry cloth. Run the unit for a further 2-3 sec until no more water comes out.

- **Make sure the battery cover is closed securely.**
- Do not wash at temperatures above 50 ° C.

- Do not immerse the device in water.
- Do not wash the main unit in the dishwasher
- Remove batteries when the unit is not to be used for an extended period of time

Suction hose

Never remove the suction hose.

- No cleaning is necessary providing instructions for maintenance of the main unit are followed correctly
- Do not bend the suction hose
- Failing to follow instructions may result in malfunction or breakdown of the suction hose

The soft tip and the tank can also be disinfected by soaking for a few minutes in solution normally used for disinfecting baby bottles (diluted Milton, Amuchina or similar)

To clean, use only delicate detergents DO NOT use solvents, gasoline or alcohol because they may lead to malfunction, breakage or a loss of colour of the parts.

Wrap the machine in a cloth before putting it in a bag or similar due to the risk of fluid leakage.

Remove it from bags or luggage as soon as possible to prevent the formation of bacteria and mould.

If the device has not been used for a long time:

- fill the tank with hot water
- mount it on the main unit and operate the device until the tank is empty, then follow instructions to prepare it for washing.

FOLLOWING THE OPERATING AND MAINTENANCE INSTRUCTIONS OF YOUR DEVICE WILL ENSURE A LONG PRODUCT LIFE.

TAKE SPECIAL CARE

- **TO CLOSE THE BATTERY COMPARTMENT COVER CORRECTLY WHEN REPLACING THE BATTERIES.**

FOLLOWING NASAL WASHING

- **ALWAYS RINSE THE MAIN UNIT WITH RUNNING WATER TO REMOVE SALT RESIDUE AND CLEAN THE TANK CAREFULLY.**
- **RUN THE DEVICE FOR A FEW SECONDS WITH WARM RUNNING WATER TO ENSURE THE INTERNAL MECHANISMS ARE ALSO CLEAN**
- **DRY THE UNIT BEFORE STORAGE**

WARRANTY

The Sinh2ox washer is guaranteed for 2 years including replacement in the event of construction defects or breakage. Damage or malfunction due to failing to follow the operating and maintenance instructions or accidental damage are not covered by warranty.

In the case of breakage or malfunction DO NOT use the appliance. Contact us at **tel. no. +39 3336246062** or by **e-mail at info@sinh2ox.com**.

We will provide you with full instructions for sending the device to our service centre (device fault shipping costs are at your expense). Once the nature of the fault has been verified, the device will be repaired or replaced, and returned to you as quickly as possible (transport costs for repair or replacement will be at our expense)

**This product is designed exclusively
for domestic use and is not a medical device**



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