

NasalFresh^{MD}[®]

DUAL POWERED NASAL IRRIGATOR

OWNERS
MANUAL



Digital Owners
Manual:



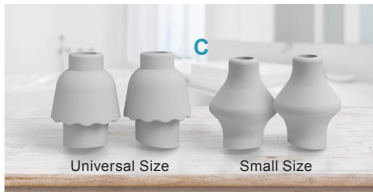
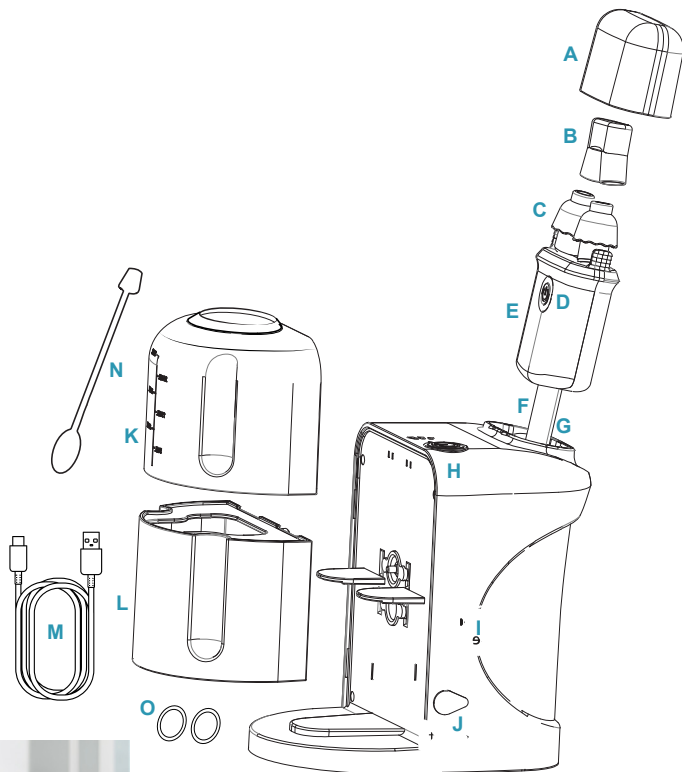
Questions? Contact us
at (772) 310-8007 or
info@nasalfreshmd.com

Getting to Know Your Device

The components of the NasalFresh MD® Dual Power Nasal Irrigator referenced in this manual appear below.

Familiarizing yourself with the components will make it faster and easier for you to enjoy the benefits of the Device.

- A. Cover
- B. Auto Clean Tube
- C. Nasal Pillows (2 pairs)
- D. Activate Button
- E. Hand Control
- F. 2-Way Hose (30")
- G. Storage Opening
- H. Power/Mode Button
- I. Base
- J. Charging Port
- K. Upper Tank
- L. Lower Tank
- M. USB Charging Cord
- N. Stirring Spoon
- O. Spare O-Rings



Safety Guidelines

General

- **READ ALL INSTRUCTIONS BEFORE USING THIS DEVICE.**
- Use only as directed in this Manual or by your doctor.
- Discontinue use if you experience pain, dizziness, or unusual discomfort and consult your doctor.
- Individual sensitivity varies; this Device may not be suitable for everyone.
- Maintain and Store Device according to the instructions in this Manual.
- For Household use only.

Water

- Use only distilled, sterile, or previously boiled (and cooled) water for nasal irrigation.
- **DO NOT** use unboiled tap water. It may contain microorganisms that can cause infection.
- **DO NOT** wash nasal passages with unsalted water which will cause stinging or other discomfort.
- We recommend warming the water for a more comfortable treatment.



WHEN NOT TO USE

- **DO NOT** use if you cannot breathe freely through at least one nostril.
- Avoid use if you have an active ear infection or are experiencing ear fullness or pain.
- **DO NOT** use on children under 12 years old unless directed by a physician.

Safety Guidelines (cont'd)

Operating Precautions

- Stop use if saline does not flow properly through the Device.
- Ensure Device is switched off and emptied after each use.

Medical Consultation

- **Seek medical advice before use if you have recently had nasal or ear surgery.**
- Stop using and consult a healthcare provider if symptoms worsen or persist beyond a few days, or if nasal discharge becomes thick, discolored, or bloody.

Saline

- **DO NOT** use this Device with iodized salt, or unsalted water as this may cause stinging and discomfort.
- **DO NOT** use tea tree oil, medication or other additives in this Device not specifically recommended in this Manual.
- Each user should use their own Nasal Pillows for hygiene reasons.



NOT Microwave Safe

NOT Dishwasher Safe

Do NOT Submerge in Water

IMPORTANT FOR SAFE USE

* DO NOT MICROWAVE the NasalFresh MD tanks (as they contain metal) and it can be dangerous and voids the warranty.

* The unit itself contains electronic components, therefore do not submerge it or add to the dishwasher.

Getting Started

Assembly

- NasalFresh MD[®] comes substantially assembled. To complete assembly, attach Upper and Lower Tanks to Base. Grasp the Base with one hand and the Upper or Lower Tank with the other. Align the Tank with the Base, ensuring all connection points are properly positioned. Push the Tank toward the Base until it is securely attached.
- The Device comes with 2 styles of Nasal Pillows. Choose the style that fits more comfortably and seals well in your nostrils. Attach the selected Nasal Pillows to the stems on the Hand Control.
- **Before using for the first time, clean Device according to the Maintenance and Storage instructions in this Manual.**

Charging

- NasalFresh MD[®] has a rechargeable battery that lasts up to a month or more between charges, depending on frequency of use.
- Initial charge time is 8 hours; subsequent charges take about 3 hours using the provided USB-C type Charging Cable and a compatible AC Adapter (not included). Only use 5V 1A compatible AC adapter.
- To charge, lift the protective strip over the Charging Port on the lower side of the Base, plug Cable into Charging Port, connect the other end to the AC Adapter and plug into a standard electrical outlet.
- A red light indicates charging; green means fully charged.
- Unplug after charging. The light will blink red indicating low battery power.
- After fully charged, do not plug in to charge again right away. If this happens the light will go red and unit will require another 3 hour charge.

Getting Started cont'd

How Often To Irrigate.

You can nasal rinse whenever it feels right—morning, night, or anytime during the day. Think of it like brushing your teeth, but for your nose! Regular nasal rinsing helps clear your nasal passages so you Breathe Better, Feel Healthier.™

Saline

- **Before preparing saline, see “Safety Guidelines” in this Manual for Water and Saline safety.**
- Fill the Upper Tank to the 300 mL fill line.
- For best results, use NasalFresh Nasal Salt or Xylitol Nasal Salt. Both are pre-measured, fast-dissolving, and pH-buffered for comfort.
- Xylitol provides a natural antibacterial benefit and extra moisturizing.
- For each use, add 1-2 nasal salt packets. If you have inflammation, add 2 salt packets to upper tank.
- For each use add 1 Xylitol saline packet to upper tank. **Do not combine nasal salt with Xylitol salt.**
- For an aromatherapy benefit, add 1–2 drops of NasalFresh Eucalyptus Essential Oil to the saline for a fresh scent, invigorating feel, and extra moisturizing.
- Stir with included Stirring Spoon™ until fully dissolved.
- NasalFresh MD® works with other salt brands; adjust amounts to match the 300 mL Tank capacity for proper solution strength.



Performing Nasal Irrigation

Select Mode

- Press Power/Mode Button on top of Base. A green light shows Device is on standby.
- Press again for Gentle Mode (1 blue light); twice for Moderate Mode (2 blue lights); or three times for Deep Clean Mode (3 blue lights).
- Press a fourth time to turn Device off.
- NOTE: USE ONLY GENTLE MODE FOR FIRST MONTH.



Position Nasal Pillows

- Remove Hand Control from the Storage Opening by gripping the tabs at each end of the Control and lifting. Hold the Control so that the Activate Button is facing away from you.
- Moisten Nasal Pillows, insert in nose, and center firmly enough to create a comfortable seal without pressing so firmly that the Pillows compress against the nasal wall or restrict airflow.
- To obtain a more comfortable, centered fit, the distance between the Pillows can be adjusted closer together or farther apart by rotating them on the Hand Control stems.
- Once you begin rinsing, you can back the Pillows out slightly to increase the flow of saline.
- With a little practice, you will find the spacing that centers the Pillows in each nostril for a comfortable, leak free seal.



Performing Nasal Irrigation (cont'd)

Begin Rinsing

- Relax your jaw and breathe gently through your mouth. Press and hold the Activate Button on the Hand Control. The saline flows from the Upper Tank into one nostril, circulates through the nasal cavity and the wastewater is suctioned out through the other nostril into the Lower Tank.



Reverse the Flow

- When the Upper Tank is half empty, release the Activate Button to pause the flow.
- Flip the Hand Control 180° so the button is facing towards you. This reverses the direction of the powered rinse and suction.
- Press and hold the Activate Button again to resume and continue irrigating until the Upper Tank is empty.

Finish Up

- Release the Activate Button to stop. Gently blow your nose to clear remaining saline and nasal congestion. Press the Power/Mode Button to cycle through the Modes and turn off the Device.
- It is normal and harmless for some saline to drip from the nose after nasal rinsing. Nasal passages contain small spaces that can hold residual solution. If you experience this, see No. 3 in Helpful Hints section of Manual for tips to minimize dripping.

Helpful Tips

1. Tips for Severe Congestion

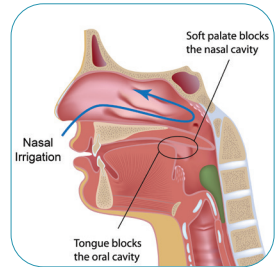
Nasal irrigation works best when saline can enter one nostril and exit the other; if both sides are very blocked, clear gradually and alternate the flow until a pathway opens.

- Start on Mode 1 (Gentle) and irrigate for 10–15 seconds, breathe through your mouth. Pause and gently blow your nose to clear loosened mucus.
- NOTE: USE ONLY GENTLE MODE FOR FIRST MONTH.
- Reverse the flow by rotating the Hand Control 180° so the opposite Nasal Pillow becomes the inlet, then irrigate the other direction for 10–15 seconds. Pause, blow your nose again, and relax for a few minutes if needed.
- Repeat this back-and-forth cycle until saline begins collecting in the Lower Tank and the rinse moves freely between nostrils.
- If no saline reaches the Lower Tank after 20 seconds of total run time, stop and recheck that at least one nostril has some airflow. If severe blockage persists, or if you experience pain or nosebleed, discontinue use and consult a healthcare professional.
- If you follow the above suggestions and your sinuses remain completely blocked, a rare condition in which you cannot breathe through your nose at all, this Device may not be appropriate for you. See Safety Guidelines in this Manual. For more help, contact Customer Support.

Helpful Tips (cont'd)

2. If saline goes down your throat:

- Relax and breathe through your mouth while irrigating. This raises your soft palate and blocks saline from entering the throat.
- If saline goes down your throat:
 - Breathe steadily through your mouth, if that doesn't work, pant hard.
 - Use Mode 1 (Gentle) with short bursts.
 - Pause every 10–15 seconds to softly blow your nose.
 - If the sensation continues, press your tongue against the roof of your mouth and make a gentle “ng” sound (as in “ring”).



3. Reducing Nasal Dripping. It is normal and harmless for some saline to drip from the nose after nasal rinsing. To reduce dripping, when your irrigation session is finished keep the Device running for another 5–10 seconds before removing the Nasal Pillows. Tilt your head from side to side, then lean forward and gently blow your nose. Avoid vigorous blowing. These extra steps will help clear any saline remaining in your nose, to stop dripping and keep you more comfortable.

4. Relieving Ear Pressure. If you feel pressure in your ears during nasal irrigation, slightly back out the Pillows to reduce pressure or switch to a lower power mode. If discomfort persists, stop the session and contact Customer Service for help.

Maintenance and storage

Upper and Lower Tanks.

After each use, detach the Tanks from the Base. Dispose of wastewater in the Lower Tank. Hand-wash both Tanks with warm water and unscented liquid soap and let dry. To detach a Tank, grasp the Base with one hand and Tank with the other. Pull Tank away from the Base. Reverse procedure to reattach.

Base. Clean the internal mechanism of the Base and 2-Way Hose once per week depending on use. Connect the Auto Clean Tube to the Nasal Pillows and fill the Upper Tank with warm to hot water plus 1–2 drops of unscented soap. Power on the Device, press and hold the Activate Button on the Hand Control, and run until the Upper Tank is empty. Empty the Lower Tank, then repeat cycle with fresh water to remove soap residue.



Storage

- After each use, Place the hose and Hand Control back in the Storage Opening by lining up guides on Control with slots in Storage. Place clear protective cover over the Hand Control to keep the Nasal Pillows clean. Ensure the Pillows are dry before covering.
- Store Device in a cool, clean area away from direct sunlight between uses.

OTHER. As needed, wipe outer surfaces of Base, Hose and Hand Control with a dampened cloth.

Limited two-year warranty

NasalFresh MD® is covered by a parts and labor warranty. Within two years of purchase, we will replace the Device if it malfunctions due to a manufacturing defect. For service, email info@nasalfreshmd.com or call or text 772-310-8007.

THIS WARRANTY IS EXCLUSIVE OF ALL OTHER WARRANTIES, ORAL OR WRITTEN, EXPRESS OR IMPLIED. IN NO EVENT SHALL NASALFRESH MD BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE, CONSEQUENTIAL, OR INDIRECT DAMAGES BASED UPON ANY LEGAL THEORY.

This warranty does not cover damage or malfunction resulting from failure to follow the instructions in the Owner's Manual, use of unrecommended additives, placement of the Device in a microwave or dishwasher, submersion of the Base in water, or dropping, misuse, or abuse of the product. This warranty applies only to the original purchaser from NasalFresh MD® or an authorized reseller. The warranty cannot be transferred.

PRODUCT CHANGES. NasalFresh MD® reserves the right to make changes and improvements to its devices without incurring any obligation to incorporate such improvements in the Device sold or to notify you of these changes or improvements.

PRODUCT REGISTRATION. If you purchased your Device from anywhere other than nasalfreshmd.com, you must register the Device within 90 days of purchase in order to obtain the warranty. To register, go on-line to Device Registration or scan the QR Code to the right and complete the information requested for registration.



[Product Registration](#)