

ATHOMER NASAL WASH SYSTEM AND PACKAGE WITH 50 SALT SACHETS

CLEANING & DECONGESTION OF NASAL CAVITY

ATHOMER NASAL WASH SYSTEM is a natural therapeutic method for the cleaning of nasal cavity. The device is specially designed for washing nasal mucosa. During its use, it covers the entire nasal cavity, so as the patient has complete control of the pressure-flow, because of which it adapts according to the needs and peculiarities of each person.

By dissolving **one ATHOMER** sachet in 250ml in either distilled or boiled tap water, you make an **Isotonic** solution which helps in the effective and safe decongestion of the nasal cavity. It can also be used precautionary for the daily hygiene of the nasal cavity.

By dissolving **two** sachets of **ATHOMER** you can make a **hypertonic** solution suitable for the relief of the symptoms caused by sinusitis and chronic or seasonal allergies.

Suitable for adults and children over 4 years old.

RECOMMENDED FOR

- Making breathing easier during colds and flu.
- In chronic sinusitis and allergic rhinitis.
- When there is a feeling of pressure in the sinuses or posterior runny nose.
- Preventively reduces symptoms in allergies to dust, fumes, animal hair, grass, pollen, tobacco, etc., at home or at work.
- Users of Continuous Positive Airway Pressure (CPAP) devices with apnoea during sleep and snoring.

COMPOSITION

An **ATHOMER** sachet contains: 99.6% NaCl, Calcium, Potassium, Magnesium.

PREPARATION & DOSAGE

If you are using the device for the first time, wash each part with soap and rinse well with water.

Wash your hands well and then fill the vial up to 250ml with distilled water or alternatively tap water that has been boiled for 5 minutes to sterilize it (fig.1).

Use one **ATHOMER** sachet to create Isotonic solution or two **ATHOMER** sachets for hypertonic solution and shake well with the cap closed (fig.2). Wait until the solution is lukewarm and then use it.



- Bend over the sink and tilt your head to one side.
- Insert the nozzle of the bottle into the nostril and gently squeeze the bottle until the solution starts to flow from the opposite nostril (fig.3).
- While squeezing the bottle, keep your mouth open at the same time and breathe (through the mouth) normally throughout the nasal washing.

- Continue gentle pressure on the bottle until 120ml is used for adults and 60ml for children.
- Follow the same instructions for use for the opposite nostril (fig.4).
- Immediately after washing, tilt your head alternately left and right to drain the rest of the solution from the nasal cavities and then gently blow your nose.
- Do not swallow the solution.
- Discard any remaining solution and wash the device (bottle) with water after use. It is recommended to replace the device after 3 months of use.

PRECAUTIONS

1. Do not use the product if you have completely congested nose or ears, or when you are lying down.
2. Do not use the device with other people unless you have previously sterilized it to prevent the transmission of germs.
3. Always use the **ATHOMER** sachet immediately after opening.
4. Do not use **ATHOMER** sachets after the expiry date or if the packaging is damaged.
5. Do not use the device only with water (without the **ATHOMER** sachets).

CONTRAINDICATIONS

Discontinue use if you feel pressure in the ears or a slight headache during or after use.

Keep out of reach of children.

Available in two packages:

- **ATHOMER** Bottle 250ml with 10 salt sachets for nasal wash solution
- **ATHOMER** Bt. 50 salt sachets for nasal wash solution

Manufacturer: Pharmacosmetic – diafarm, www.athomer.com

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