Key benefits of the NasoFree nasal irrigator

- Nose and (upper) sinuses are quickly and efficiently cleansed
- Scabs, mucus and/or pus do not enter the throat
- Easy to clean

An additional advantage is that scabs, mucus and/or pus do not end up in the throat, but are discharged through the other nostril.
The NasoFree nasal irrigator is also easy to clean, thus minimising the risk of infection.

NasoFree nasal saline

NasoFree nasal saline is specially formulated (in collaboration with ENT specialists) to properly clean the nose and nasal sinuses.
It consists of a combination of sodium chloride and sodium bicarbonate. This combination is very effective, and gentle on sensitive, inflamed nasal mucosa.

NasoFree nasal saline with xylitol

NasoFree nasal saline with xylitol has been developed for people with chronic rhinosinusitis.
Chronic rhinosinusitis often involves bacteria that produce a layer of mucus (biofilm).
This slime layer allows bacteria to adhere better to tissue, undermining the effect of an antibiotic.
Scientific research has shown that xylitol breaks down this biofilm.
Cleaning the nasal sinuses with nasal saline containing xylitol therefore gives a better result for people with chronic rhinosinusitis than nasal saline without xylitol.

Sachets

NasoFree nasal saline (with and without xylitol) is packed in sachets with an inner layer of aluminium. This keeps the contents dry and prevents lumps forming. NasoFree nasal saline is homogeneous in composition and one sachet contains just the right amount for a nasal rinse of 200 - 250 ml.

How long and how often should one rinse?

How long and how often you should rinse your nose depends on the indications present and the severity of your symptoms. The overview below is a handy guideline. You can, of course, deviate from this guideline in consultation with your doctor.

Nasal rinsing indication	Number of nasal rinses	How long to rinse the nose
Acute rhinosinusitis	2 - 4 x per day	While symptoms are present
Chronic rhinosinusitis (chronic nasal sinusitis) - Acute phase - Maintenance phase	 4 - 6 x per day 1 - 2 x per day	 Daily Daily
Post-operative	4 - 6 x per day	At least 2 - 3 weeks after surgery *Or longer, in consultation with your doctor*
Allergic rhinitis	2 - 4 x per day	While symptoms are present

More information

Check for more information about the NasoFree products our site: www.bap-medical.com, or scan the QR code below.

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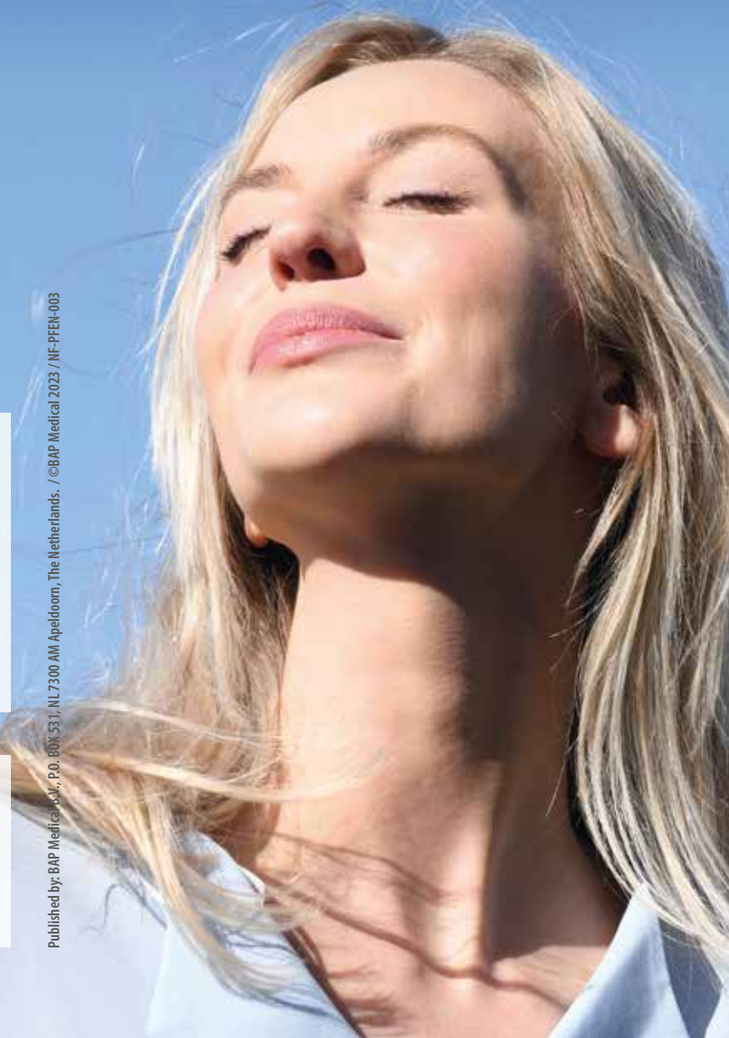
RECOMMENDED BY EXPERTS

NasoFree

Information leaflet - Nasal rinse



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Published by: BAP Medical B.V., P.O. BOX 531, NL 7300 AM Apeldoorn, The Netherlands. / ©BAP Medical 2023 / NF-PFEN-003

NasoFree

Why rinse your nose?

1. Nasal rinsing after nasal surgery

The natural cleaning mechanisms of the nose are often insufficient to quickly clear the nose and keep it clear from blood, wound fluid and scabs, following surgery. This can lead to complaints and delay healing.

To keep the nose as clear as possible and promote recovery, it can be rinsed with saline solution, using a nasal irrigator. Rinsing the nose reduces the risk of nasal infections and can help heal existing infections faster.

2. Normal nasal cleansing mechanisms may be temporarily disrupted in the following situations:

- Respiratory allergy (allergic rhinitis)
- (Severe) cold
- Chronic inflammation in the nose (sinuses)

How nasal rinsing works

In a healthy condition, the nose keeps itself clean because the nasal mucosa produces mucus (snot) throughout the day. In a healthy nose this mucus is drained by microscopic hairs (cilia) to the throat. Dust, bacteria and inflammatory material become so neatly disposed of. In case of inflammation or injury to the nose (e.g. as a result of surgery) the clearing action does not always continue to function properly anymore.

A saline solution (not containing iodine) may then be used to rinse the nose. Loosening and rinsing away inflammatory material, dust and scabs can reduce complaints of a blocked or irritated nose and contribute to proper recovery following nasal inflammation or surgery.

What is the effect of nasal irrigation?

- Excess mucus (scabs and/or pus) is discharged
- The mucous membrane is cleansed
- This reduces the risk of infections
- It is easier to breathe
- Medicine sprayed or dripped into the nose has more effect on clean mucosa

How to rinse effectively

It is important to cleanse the nose (sinuses) properly. This is possible only if a number of conditions are met, namely:

1) Rinse with sufficient volume

To clean the nose properly, you need to rinse with a relatively large volume - about 150-250 ml of saline solution at a time. This is the only way to maximise the removal of scabs and/or excess mucus and pus from the nose and clean the nose properly.

2) Rinse with a (slightly) positive pressure

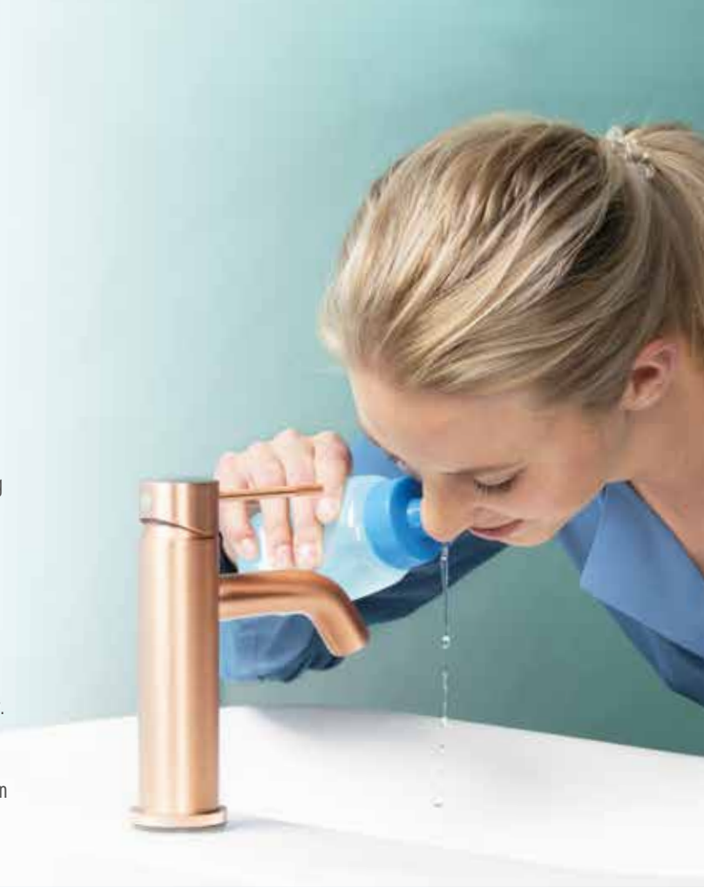
It is important to gently introduce the saline solution into the nose. By rinsing with slightly positive pressure (an upward directed irrigation flow), you can more easily rinse out scabs and/or mucus. In addition, you also reach the (upper) nasal sinuses.

3) Ensure correct posture

Before rinsing, bend your head forward as far as possible by bringing your chin to your chest. This allows the saline solution to reach and clean the (upper) nasal sinuses as well. This is especially important if you have had surgery on your frontal sinuses.

The NasoFree nasal irrigator

The NasoFree nasal irrigator (250 ml capacity) is a squeeze bottle, specially designed to clean the nose (sinuses) quickly and efficiently. By gently squeezing the NasoFree nasal douche (creating a slightly positive pressure), you can squirt the saline solution into the nose. This enables proper cleansing of the nose. It also enables the solution to reach the upper nasal sinuses.



Step 1

Instructions for use

Empty one sachet of nasal saline (with xylitol) into the nasal irrigator. Then fill the irrigator with distilled or previously boiled, lukewarm water (at 37°C or below).

Boiled water should first cool to 37°C or below before using it to fill the nasal irrigator. Always check the temperature of the water before rinsing.

Step 2

Shake the nasal irrigator before use so that the nasal rinse salt and water are well mixed. While doing so, keep your finger on the cap of the nasal irrigator.

Bend your head forward over a wash basin and place the cap of the nasal irrigator at an angle of about 45° in one of your nostrils. Then gently squeeze the nasal irrigator.

Step 3

Squeezing the nasal irrigator gently prevents the saline solution from entering your throat. Should this happen it is not harmful and you can spit it out.

The saline solution may flow back through the same nostril (in case of severe blockage), or through the other nostril. Therefore always leave the other nostril open. Do not block it.

Step 4

Blow your nose lightly. Excess saline solution and other, flushed-out residues will come out of your nose. Then place the cap in the other nostril and again gently squeeze the nasal irrigator.

Repeat the above process for both nostrils, until you have used all the saline solution in the nasal irrigator.

Read the instruction leaflet before use