

HOW TO USE STÉRIMAR®

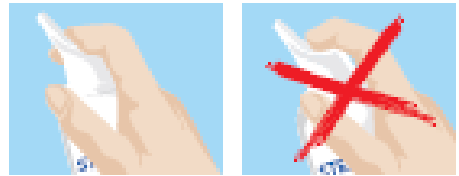
Daily nasal hygiene and congestion

1. Spray a small quantity through the nozzle before use
2. Spray STÉRIMAR into your left nostril
3. Blow the left side of your nose
4. Repeat for the right nostril
5. Clean the nozzle with soapy water, rinse and wipe



Nasal irrigation

1. Blow your nose
2. Tilt your head left and spray STÉRIMAR into your left nostril until it starts to run back out
3. Repeat the sound “kay-kay” to stop the solution draining into your throat
4. Let the rest of the solution drain out of your left nostril
5. Do the same for your right nostril, tilting your head to the right this time
6. Repeat these steps another time if necessary to feel that your nasal passages have been thoroughly cleaned, then gently blow your nose
7. Clean the nozzle with soapy water, rinse and wipe

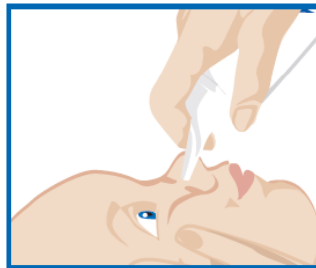
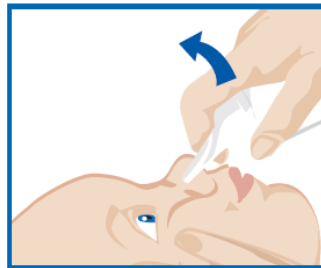
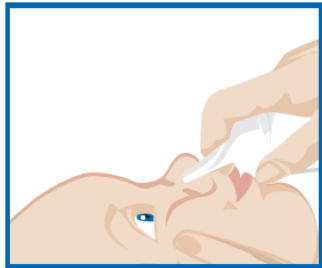


HOW TO CLEAN YOUR BABY'S NOSE

Daily nasal cleaning

These simple steps will leave both nostrils clear and do not need to be repeated on both sides.

1. Spray a small quantity through the nozzle before use
2. Lay your baby on his or her back and turn their head towards you
3. Use your free arm and shoulder to steady your baby
4. Very gently insert the nozzle into your baby's nostril and gently lift the can up (see diagram below)



5. Press the nozzle and the STÉRIMAR solution will drain mucus, germs and dirt from your baby's nose out through the other nostril
6. Wipe the nostrils clean with a disposable tissue
7. Clean the nozzle with soapy water, rinse and wipe

When your baby has nasal congestion

Repeat the steps above in the morning, then every two to three hours and again in the evening before bedtime until the draining liquid runs clean.

Free Your Nose www.sterimar.com.au

