



******FOR ALL SINUS SURGERY PATIENTS******

INSTRUCTIONS ON ASSEMBLING AND USING THE WATERPIK

1. Take the adapter that came with the waterpik machine you purchased and cut the curved part off so the adapter is straight.
2. Place the green or black washer that was given to you by our office, on the end of your waterpik adapter. Please refer to the diagram that is on the following page.
3. Attach the nasal irrigator into the waterpik by pushing into the handle and twisting it until you feel it click.
4. Pour your homemade saline into the waterpik basin.
5. Set waterpik at lowest level of pressure and increase pressure as advised by Dr. Hoffman.
6. Place the green or black rubber end at one nostril and bend over the sink with your head facing down.
7. Turn machine on. Saline solution will enter one nostril, bathes the nose, and flows out either nostril.
8. Irrigate.
9. Switch to the other nostril and repeat numbers 7 & 8. Usually about 1/3 of the solution is all that is needed for both nostrils.
10. Rinse machine with distilled water to remove all salt.
11. On some occasions, the returned fluid will remain clear through the whole treatment. This is normal; continue to follow your treatment schedule.
12. Irrigate twice a day. More if you can.
13. If you have any questions, please call the office at 770-292-3045.