

NAVÄGE[®] NASAL CARE

SALINE NASAL IRRIGATION

Read carefully for
a great first experience.

Clean nose,
healthy life[®]
Make good nasal
hygiene *your*
new normal!

Owner's Manual

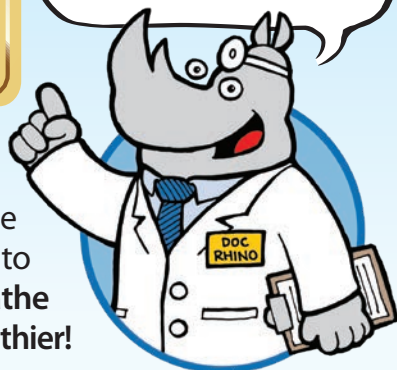


Judge For Yourself!

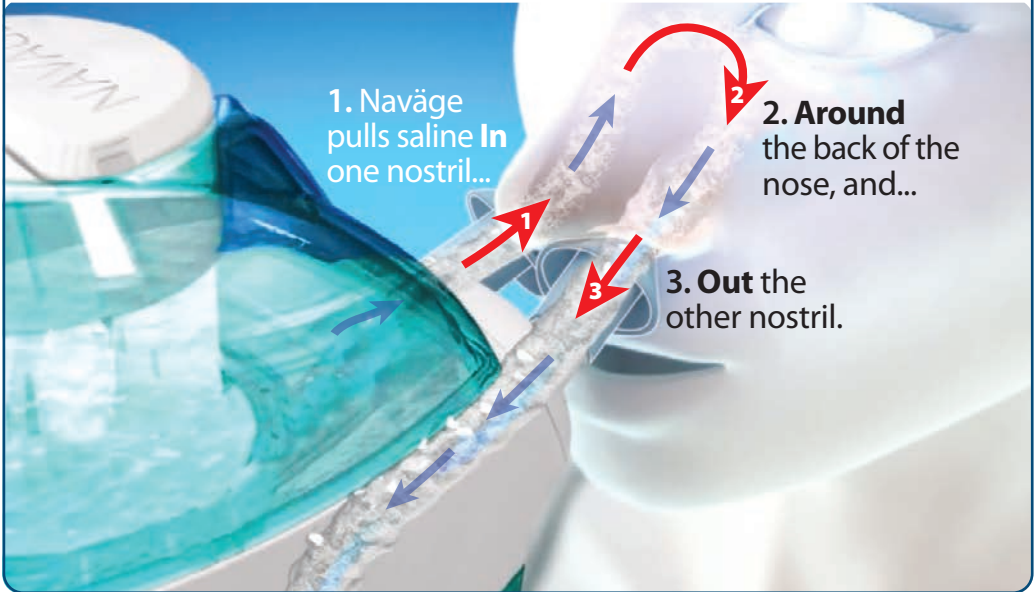
Use Naväge twice a day for two weeks and experience what good nasal hygiene and improved nose-breathing can do for you!

Airborne germs invade through your nose, the body's air filter and first line of defense against allergens, bacteria, and viruses. Naväge uses powered suction and refreshing saline to flush out mucus and germs so you can **breathe better, sleep deeper, snore less, and feel healthier!**

**BUT FIRST, READ THE
OWNER'S MANUAL!**



Naväge is not a drug. It's more like plumbing!



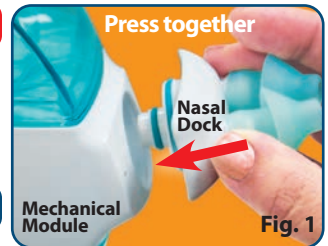
Setting Up Your Nose Cleaner Is Super Easy!

All you have to do is attach the Nasal Dock by pressing it into the Mechanical Module (Fig. 1).

The Nose Cleaner comes completely assembled except for the Nasal Dock, and the two AA batteries are pre-installed.

Instructions for Use

1. Fill the **Upper Tank** to the **Fill Line** with **warm water** (Fig. 2). **See page 6 for important information about water.**
2. Place a **new SaltPod** capsule in the **Crushing Chamber**, **foil-side down** (Fig. 3). **Please note, the device will only work with a new, unused SaltPod capsule in the crushing chamber.**
3. Close the **Lid** **firmly** until you hear it click shut, **and do not reopen it** (Fig. 4). **No peeking!**
4. Gently shake the device for a second or two to mix the SaltPod's saline concentrate with the water in the **Upper Tank**.



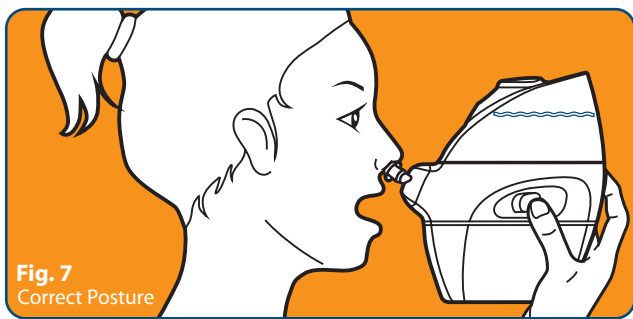
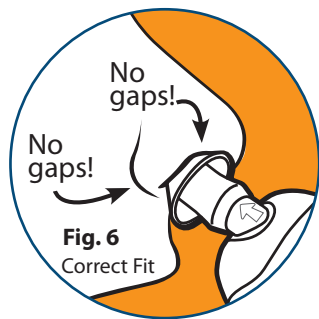
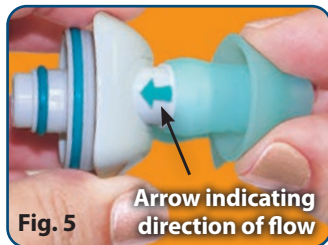
5. Run a little water over the Nose Pillows to make them easier to slip into your nostrils.
6. Arrows on the Nasal Dock indicate the **direction of flow** (Fig. 5). The rinse goes into the nose through one Nose Pillow and nostril, and comes out of the nose through the other.
7. Locate the Power Button (see Exploded View on page 8), and **firmly push the button all the way in**. The pump will start and the Drain Valve will open, causing saline to flow from the Upper Tank into one nostril, around the back of the nose, and out the other nostril into the Lower Tank. The first few times, do this in front of a mirror and over a sink. Don't worry, you'll be a pro in no time!

8. The 3 P's guarantee your success with Naväge:

Positioning: Insert the Nose Pillows into your nostrils and **center them**. Do not block the pillow tips against the nasal walls. The pillows should be in snug, but not too snug. The flexible pillow stems can be bent to obtain a centered, comfortable fit (Fig. 6). It's essential to keep the **Nose Pillow tips** centered and unblocked.

Pressure: Press the pillows into your nose firmly enough to create a seal. Once the cycle starts, back off a little. This will increase the flow. **If you are pressing too hard and one of the pillow tips gets blocked against the nasal wall, then the suction will decrease or stop, and you may get water down your throat, slow flow, or no flow at all.** That's why you should try backing off a little. Wiggling the nose pillows around in your nostrils can also help improve the seal.

Posture: Relax... Keep your head level, look forward, stand up straight, and **do not bend over** (Fig. 7). Breathe normally through your mouth.



Continued Next Page

9. Nasal irrigation is safe and effective, and because it is all-natural and drug-free, you can do it as often as you wish. **To get the hang of it quickly, we recommend using your Naväge several times in a row when you're first learning.**
10. **Standard Nose Pillows** fit the vast majority of Naväge users. However, if you are among those for whom the Standard Pillows aren't quite right, **Small** and **Extra-Large Nose Pillows** are available at navage.com.
11. A Naväge cycle can last from 10 to 60 seconds depending on how congested you are, and on your personal anatomy. Most cycles last from 15 to 30 seconds. When the Upper Tank is empty, the cycle is complete.
12. 100% sinus blockage is rare, and nasal irrigation can help relieve even the most stuffed up sinus condition. If you are completely congested and can't breathe through your nose at all, see Troubleshooting Tip #5 on page 5.
13. When you're finished, release the Power Button and remove the Nose Pillows from your nostrils. Most users will have a little saline left in their nose. Tilt your head forward and gently blow your nose.
14. Twist off the Lower Tank and empty it. Clean your device according to the instructions on page 5.

Troubleshooting – Problems and Solutions

1. Yikes, I'm getting water down my throat!

The key to success with Naväge is to make your **nasal cavity** into a **closed** system that is separate from the oral cavity. That's what makes it possible for the rinse to go **in** one nostril, **out** the other, and **not down your throat**. It's the result of **closing the soft palate**. For most new users this happens naturally without thinking about it. But not for everyone. If you run into trouble, some tips follow. Or just give our awesome customer service team a call. They are daily Naväge users themselves and can be reached at (800) 203-6400.

- **Relax – no one has ever drowned doing nasal irrigation!** Seriously, the more relaxed you are, the easier it is. Nasal lavage is safe and effective, and it is practiced every day by tens of millions all over the world including over 2,000,000 Naväge users. For some new users there's a learning curve and it may take 3 or 4 or even 5 tries, but be assured that you'll master it, too. Best of all, just like riding a bicycle, once you've got it, you've got it forever!
- **The Nose Pillows should be in snug, but not too snug.** Press the pillows in firmly to create a seal. Once the cycle starts, **back off a little** to increase the flow. **Don't block the tips against the inside walls of your nose.** Less pressure usually results in **more flow**.
- **Reverse the direction of flow.** Rotate the Nasal Dock 180 degrees and the saline will then flow in the opposite direction. **This can make a huge difference**, so you should try irrigating both ways (Fig. 8).
- **Breathe normally through your mouth.**
- Press your tongue firmly against the roof of your mouth and sing or say "sung", holding the "ng" sound. This will help close the soft palate, block off the throat, and separate the nasal cavity from the oral cavity!
- Again, if you're in that small group for whom there is a learning curve, **don't give up!** There are countless online reviews like this one: **"Absolutely love this. Once you get the hang of it, it works better than anything I have ever bought! So hang in there, it's worth it!"** Persistence pays.



Fig. 8

2. The Power Button won't push in – Tips for New Users

For the Power Button to work, a new Naväge SaltPod capsule must be placed in the Crushing Chamber **foil-side down** and the Lid clicked shut. **The device only works when loaded with a genuine, unused SaltPod.** This is an important safety feature to avoid the stinging and considerable discomfort that can be caused by running plain, unsalted water through your nose. It is also super convenient and eliminates the uncertainty and mess of measuring and mixing. **This is critical: If you reopen the Lid, the Power Button will no longer work with that particular SaltPod, even if you re-close the Lid. The Power Button will be locked out and it won't be possible to push it in. No peeking!**

3. The Power Button won't push in – Tips for *Experienced Users*

This is especially important if you haven't used your Nose Cleaner for a while. Rinse the device with hot water for at least 30 seconds in the three places marked A, B, and C (Fig. 9). This will melt salt crystal buildup that can interfere with device operation. Time it – 30 seconds is the magic number and it's longer than you think! After rinsing, lift the Drain Pull (C) to verify that it is not stuck.

4. The button pushes in all the way but the pump doesn't start.

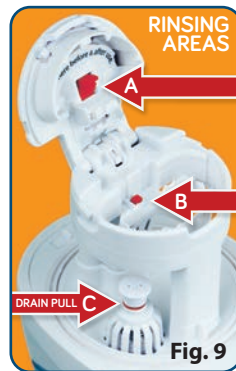
Visually reconfirm that the batteries are installed in the right direction.
Fresh AA batteries should last at least 3 to 4 months of twice daily use.

5. My nose is completely blocked and I can't breathe through either nostril.

For nasal irrigation to work, there must be room in the nose for the rinse to go in one nostril and come out the other. 100% blockage is rare, and nasal irrigation can help relieve even the most stuffed up sinus condition. **If you are extremely congested, space is limited in the nasal cavity and irrigating will be slow at first.** You may need to start and stop a few times to loosen the mucus and break up the congestion. **We suggest the following tips when you're really stuffed up:** **a.** Irrigate for about 10 seconds; **b.** Gently blow your nose; **c.** Rotate the Nasal Dock 180° to reverse the flow, and irrigate in the opposite direction for 10 seconds; **d.** Gently blow your nose and relax for a couple of minutes; **e.** Rotate the Nasal Dock 180° again; **f.** Repeat until the rinse begins to flow into the bottom tank. This repeated "back and forth" motion will help reduce congestion and allow the rinse to flow from one nostril to the other. Persistence pays!

6. Still need help?

Instructional videos and additional troubleshooting tips are available at navage.com. You can also email us at support@navage.com or call (800) 203-6400 during normal business hours. Our customer support reps are daily Naväge users themselves, and they are caring, knowledgeable, and eager to assist you. **If none of these tips work, please call customer support – we can help!**



Cleaning and Drying Instructions

- **Upper and Lower Tanks:** Detach and hand-wash with liquid soap.
- **Mechanical Module:** Wipe the underside of the white Mechanical Module with a cloth dampened with liquid soap. **The Mechanical Module is not waterproof.** Do not immerse or rinse the underside with running water, as this can force water into the battery compartment and cause corrosion.
- **Drain Pipes, Nose Pillows, and Nasal Dock:** Use the included Scrubber to thoroughly clean the inside surfaces of these parts. To clean the Drain Pipes, put a drop of liquid soap on the Scrubber and insert it as shown in Figures 10 and 11. To rinse, lift the Drain Pull (C in Fig. 9 above) and run hot water through the opening. To clean the Nose Pillows and Nasal Docks, detach them and follow the same cleaning steps.
- **Crushing Chamber Lid:** See Fig. 9 and rinse areas A and B with hot water for 30 seconds to melt any salt crystals.
- Let your Nose Cleaner dry completely between uses: separate the Tanks, Nasal Dock, and Nose Pillows from the Mech Module, and place them in the **Triple-Tier Countertop Caddy** (available at navage.com) after each use. This also helps prevent filmy buildups.
- **Deep cleaning:** Spray parts with an anti-bacterial spray. Let sit 10 minutes and rinse thoroughly, but **do not rinse underside** of Mechanical Module.
- The **Naväge Custom Cleaning Kit** with special cleaning tools is also available at navage.com.
- **The Naväge Nose Cleaner is not dishwasher safe.** Exposing the tanks to high heat can warp them and prevent their sealing to the mechanical module. Running the Nose Cleaner through a dishwasher voids the warranty.



Changing the Batteries

- Fresh batteries will provide enough power for at least 3 to 4 months of twice daily use. If you notice that the motor is running at a lower pitch, or if there is less suction than you're used to, it's probably time for new batteries.
- To change the batteries, unscrew the Battery Door with a Phillips-head screwdriver (Fig. 12). Use your fingernail or the screwdriver to gently pry up the door. Insert two, new AA batteries, and screw the Battery Door on tightly.

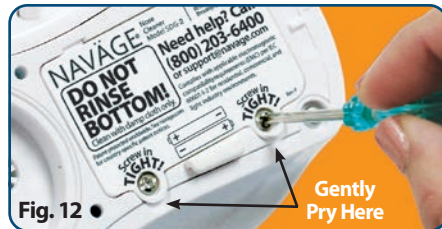


Fig. 12

Cautions

- Use only as indicated in these instructions or as directed by your physician.
- If you experience pain during use, stop immediately. If the pain continues, consult a health care professional.
- **ABOUT WATER:** The US FDA advises using filtered, distilled, or previously boiled water for nasal irrigation. The US Centers for Disease Control provides detailed information about boiling, filtering, and disinfecting water for nasal irrigation at www.cdc.gov. The University of Wisconsin Department of Family Medicine advises that in North America, luke warm tap water from municipal water systems or intact wells deeper than 40 feet is safe for saline solution preparation. If these criteria are not met or if water safety is in doubt, distilled water or tap water boiled and then cooled to room temperature is recommended.
- Most people prefer to use warm water. Do not overheat the water. It should be lukewarm to the touch and not hotter than about 90° F or 32° C.
- Rinsing your nasal passages with plain, unsalted water will cause stinging and considerable discomfort.
- Consult your physician before use if you recently had ear or nose surgery.
- Nose bleeds are a rare but known side effect of saline nasal irrigation. Consult your physician if you experience a nose bleed after use.
- Do not use if your nasal passages are 100% blocked and you cannot breathe through either nostril. 100% blockage is rare, and nasal irrigation can help relieve even the most stuffed up sinus condition. See Troubleshooting Tip #5 on page 5 for more details.
- Do not use if you have an ear infection or if your ears are blocked.
- Ear popping and ear fullness are rare but known side effects of nasal irrigation that typically resolve on their own in a short time. Discontinue use and consult your physician if the condition persists.
- Consult your physician if you are using the Naväge Nose Cleaner to relieve congestion due to a nasal illness and there is no improvement after use; or if your symptoms persist or worsen; or if you have a persistently thick, yellow or green discharge; or if skin at the base of the nostrils becomes raw or crusted.
- Terminate use if no saline appears in the lower tank after 60 seconds.
- Do not use continuously for longer than three minutes.
- To prevent cross infection between users, the Nasal Dock and Nose Pillows should not be shared.
- Not for use by children eleven years of age and younger.
- Clean the Nose Pillows and device after each use according to the cleaning instructions.
- Using the product with illegal drugs, alcohol, or prescription drugs except when prescribed by a physician is prohibited, may damage the device, voids the warranty, and may cause serious injury.

Frequently Asked Questions

What actually happens during nasal irrigation?

Saline exits the Upper Tank, enters one nostril, and flows to the back of the nose where there is a gap between the rear edge of the nasal septum and the back wall of the nasal cavity. The rinse flows through the gap and makes a U-turn, returning to the front of the nose where it exits through the second nostril. Along the way it cleans and moisturizes the nasal passages, flushing out allergens, mucus, bacteria, and viruses. **In short, in one nostril, around the back of the nose, and out the other nostril.**

How is the Naväge system different from other nasal irrigators?

Powered suction is the key, and Naväge is the world's only nose cleaner with powered suction. It pulls saline through the nose while other devices such as the neti pot and nasal squeeze bottle **push**. It's like the difference between a vacuum cleaner and a broom. As a result, there's nothing as neat and convenient as Naväge!

What's in a Naväge SaltPod® capsule?

Naväge SaltPod capsules contain salt and water. **There are no drugs.** The salt is pharmaceutical grade, containing 99.99% sodium chloride with zero additives and fillers. (For comparison, table salt is about 98% sodium chloride and 2% additives, including iodine, sodium aluminosilicate, magnesium carbonate, and other fillers.) The **water** is purified with carbon filtration, deionization, ultra-violet (UV) sterilization, and a sub-micron finishing filter. The result is super-pure H₂O. Naväge aromatic SaltPod capsules such as Eucalyptus, add a pure essential oil to enhance the Naväge experience.

How often should I irrigate?

Naväge is completely drug-free and designed for purity, safety, and convenience so you can irrigate as often as you wish. We suggest you use Naväge twice a day, morning and evening, but doctors advise that it's safe to use more frequently. Find out what's best for you. Use it regularly for a couple of weeks and judge for yourself!

I leak saline, sometimes hours after I irrigate! What's happening?

Sometimes during an irrigation cycle a small amount of saline can flow into one of the two maxillary sinus cavities, remain there, and flow out later. This can be annoying and even embarrassing, but it is completely harmless. To avoid it, try this: After completing a cycle, bend over at the waist and bring your chin to your chest. First, turn your head to the left and look up over your left shoulder. Then turn your head to the right and look up over your right shoulder. If there's any residual saline, this usually lets it flow out. Gently blow your nose.

Naväge Nose Cleaner Warranty

The Naväge Nose Cleaner is covered by a one-year parts and labor warranty. We will replace any product that malfunctions due to a manufacturing defect within a year of purchase. For service, email support@navage.com, or call (800) 203-6400. Please note that the Naväge Nose Cleaner is not water-proof. The warranty does not cover damage caused by:

- Using the Nose Cleaner without a genuine, unused Naväge SaltPod capsule
- The use of harmful additives such as tea tree oil that can cause irreparable damage to plastic
- Submerging the Mechanical Module in water • Not fully tightening the screws on the battery door
- Placing the Nose Cleaner in a dishwasher • Product abuse, dropping, and other accidents

Disposal and Recycling

Please recycle. Naväge SaltPod capsules are made from HDPE, recycling code #2. The SaltPod packaging is made from recycled PET (RPET). The Naväge system is completely BPA-free.

Electromagnetic Compatibility

The Naväge Nose Cleaner complies with the applicable electromagnetic compatibility requirements (EMC) according to IEC60601-1-2 for residential, commercial, and light industry environments. Details are available at navage.com/electromagnetic.

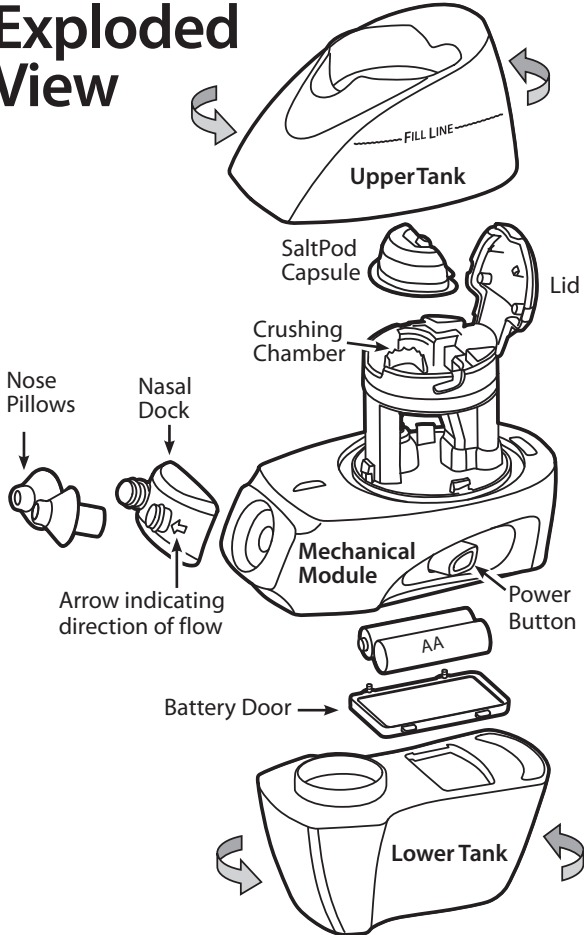
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Exploded View



RhinoSystems, Inc. is the manufacturer of the Naväge Nose Cleaner and SaltPod® Capsules.

RhinoSystems is registered with the United States Food and Drug Administration (USFDA), and the Naväge Nose Cleaner is approved by the USFDA for sale in the United States. Naväge SaltPods are licensed by Health Canada's Natural Health Product Directorate, Natural Product License Number 80035721. RhinoSystems is committed to continually improving our products through ongoing research and development. **We strive to maintain the highest quality in everything we do.**

The Naväge Nose Cleaner is designed in the USA and made in China. SaltPod capsules are made in our own Brooklyn, Ohio facility. Nose Cleaners and SaltPods are made in facilities certified to comply with ISO 13485:2016, the international quality standard for medical device manufacturing.

Don't forget the SaltPod!

Sensitive tissue lines the inside of the nose. **Exposing it to water with too much or too little salt will cause stinging and considerable discomfort.**

To avoid this, the Power Button only works with a new SaltPod capsule in the Crushing Chamber. That way you get just the right amount of salt every single time.

If you reopen the Lid after loading a SaltPod capsule, the device won't start. That's why Doc Rhino says...

