

How to Use Nose Drops

- (1) Wash your hands.
- (2) Blow your nose before putting in nose drops.
- (3) Sit on a chair and bend your head backwards to rest on the back of the chair, or lie on a bed and put a pillow under your upper back to make your head bend backwards.
- (4) Carefully point the dropper at your nostril and put the drops into your nose.
- (5) Do not let the dropper touch against the inner surface of your nose because this will make you sneeze and contaminate the dropper.
- (6) After putting in the nose drops, keep your head tilted backwards for about two minutes to allow the drops run into your nose.
- (7) Do not wash or wipe the dropper. Replace it into the bottle and tighten it right away.
- (8) If possible, ask your family members or someone else to put the nose drops in for you.

- Precautions:
- (I) Use at most one to two drops each time. Refrain from prolonged use as it may damage your nasal lining and bring about adverse side effects.
 - (II) Never use discoloured, deteriorated or expired nose drops.
 - (III) Discard any leftover nose drops one month after opening.