

GROSSAN



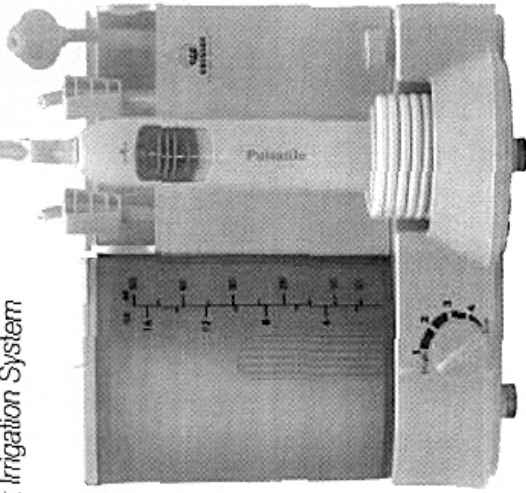
Hydro Pulse™

Pulsatile Nasal/Sinus Irrigation System

(ALSO FOR BREATH CONTROL)

Bonus Models HP-100
include Complete Breath
Control System and Pulsatile
Throat Irrigation System

**USER
INSTRUCTIONS**



QUICK REFERENCE

Nasal/Sinus Irrigation

1. Prepare solution: Add one (teaspoon) scoop Breathe•easeXL OR one sample packet included Breathe•easeXL OR one teaspoon salt to the reservoir. Fill reservoir with 500ml (one pint = 16 oz.) of warm water.
2. Adjust the stream so it travels to a height of about one inch, then use the handle control to stop the stream.
3. Insert into one nostril, then lean far over the sink (so you can see the drain).
4. Irrigate until the fluid exits out your nose clear (about 1/2 the solution).
5. Turn off the stream with the handle control, switch sides, and repeat.

Throat Irrigation

1. Make solution of water, dilute mouth wash or saline.
2. Lay throat tip on the right side of the tongue so the tip points to just behind the last tooth on the right. Adjust to low pressure ~ comfortable. Keep length of tip parallel to the midline of the tongue.
3. Bend down into sink at comfortable level. Use hand control to turn on and off.

Breath Control

1. Follow all other instructions.
2. Irrigate nose and sinus.
3. Irrigate throat.
4. Use tongue scraper. Gently move from back of tongue to front. Either clean with stream on or clean with stream off and then turn stream on.

Please Read Instructions Carefully

DIRECTIONS

1 Power cord and plug

- The plug and power cord is stored at the rear storage box, remove the rear panel by pushing it downward.

2 Placing the water tank

- Remove the water tank and open the lid to fill it with warm water. Then put the water tank back to its original position.
- Make sure the water temperature is around 92°F – 101°F (33°C – 38°C)
- Tear and pour one packet of Breathe•easeXL or one teaspoon of Breathe•easeXL or salt to one pint (500cc) of warm water and stir until dissolved. Some prefer one teaspoon of salt and 1/2 teaspoon of baking soda to the pint of water. Read abstract from The Sinus Cure for other suggestions.

3 Attach the nasal irrigator tip to the handle

- Attach your own nasal irrigator tip to the handle so it is locked in place.

4 Power on button

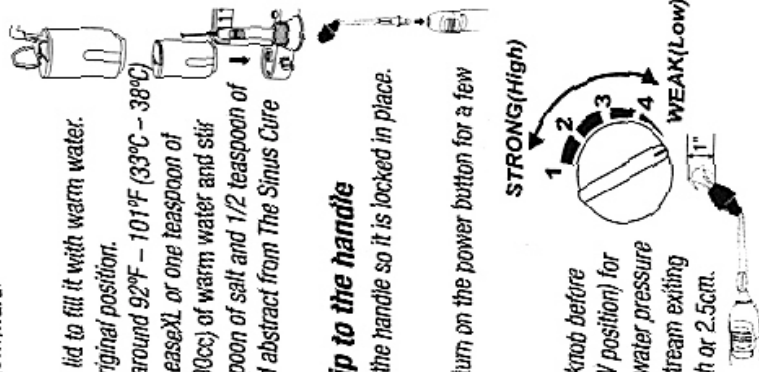
- When using for the first time, please turn on the power button for a few seconds until water is coming out.

5 Adjust water pressure

- Adjust the water pressure regulating knob before usage. Turn it to the lowest level (LOW position) for the first time. Gradually increase the water pressure until the vertical height of the water stream exiting the nasal irrigator tip is about one inch or 2.5cm.

6 Start irrigating

- Make sure you don't use the cold water that is pumped out at the beginning. Test the water (that is being pumped out) temperature with your hand. Start irrigating when the warm water comes out.
- Lean over the sink. Bend your head (like taking a bow), so you are directly facing the sink's drainage hole.



• Breathe through your mouth instead of through your nose.

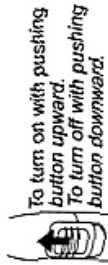
• DO NOT swallow or spit when irrigating. Use the temporary stop knob on the handle to temporarily discontinue the irrigation if you wish to swallow or spit. (To turn it on, push the knob upward, and to turn it off, push the knob downward.) Or you can just remove the nasal tip from your nostril.

• Press the end of the nasal irrigator tip in one nostril firmly. Then turn on the nasal irrigator. Saline water will go in from one nostril, and drain out from the other nostril.

• Use about 250cc or 8 ounces for each side. Continue irrigation until return is clear of colored drainage. If needed, use another 500cc. BE GENTLE in blowing your nose. Generally the fluid in your sinuses will exit about 20 minutes later when the cilia are activated.

7 After usage

- Fill the water tank with tap water (no saline water) and turn the power on to let the tap water run through the unit after each use. This process can remove any saline remaining in the unit and the tubing so your machine will not be clogged. Make sure to turn it off when the water tank has run out of water and then unplug the power cord.
- Remove the water tank and wash it with tap water and then put it back into its original position.
- Remove the nasal irrigator tip and wipe the handle dry, then store it into the retaining box.



Hydro Pulse helps natural healing by:

- 1 Restoring cilia movement. Cilia are pulsed at best speed and thick mucus is removed to allow cilia to move.
- 2 Phlegm and pus are displaced from the sinus cavities by the combination of flow past the opening (Bernoulli's effect) and pulsation pumping action.
- 3 Biofilm that blocks bacteria as well as actual bacteria are effectively removed.

NASAL IRRIGATION INSTRUCTIONS

Nasal/Sinus

Tear and pour one packet of Breathe.ease XL OR one teaspoon of Breathe.ease XL OR one teaspoonful of salt to one pint (500cc) of warm water and stir until dissolved. Attach nasal tip.

Some prefer one teaspoon of salt and 1/2 teaspoon of baking soda to the pint of water. Read abstract from The Sinus Cure for other suggestions.

Adjust stream so it is about one inch high. Turn off at the handle.

Place bulb end into nostril. Bend far into the sink so you can see the drain. This is to make sure the stream doesn't go down your throat. Keep head straight, not side to side, to have stream exit from the opposite nostril. Turn off at handle and do other side.

Use about 250cc or 8 ounces for each side. Continue irrigation until return is clear of colored drainage. If needed, use another 500cc.

BE GENTLE in blowing your nose.

Generally the fluid in your sinuses will exit about 20 minutes later when the cilia are activated.

CAUTION

You can get ear pain if you turn your head far to one side and the water fills the area where the tube from the ear to the throat opens (Eustachian tube opening). Avoid this by keeping head midline. You can also get ear pain by blowing the nose hard to clear the solution. You MUST always be GENTLE. Similarly spitting or swallowing while irrigating can cause fluid pressure and discomfort to the ear. To spit or swallow, turn off machine at the handle, then spit or swallow, then resume irrigation. Should ear pain occur, don't blow hard or sniff hard. You can use Clear.ease or Aleve to reduce swelling. If discomfort persists, see your doctor.

Questions and Answers

If the nose is blocked, should I increase the pressure?

NO! This is designed NOT to work if the nose is completely blocked. Increasing pressure is not advisable. Some persons use an inhaler such as Benezdrex first to open the nose.

What temperature should the water be?

Most persons prefer lukewarm or body temperature. NEVER use HOT water – above 100.5°F.

What about cold water?

Cold water tends to shrink the membranes and can be used.

Will the solution flush out every sinus?

The principle of pulsatile irrigation is primarily for cilia movement, which then drain the sinuses. Whether the solution enters a specific sinus or not depends on anatomy, position of the head and other factors. But the principle here, backed by over 37 medical journal articles, is to restore the cilia so that they drain the sinuses.

My solution comes out 20 minutes after I finish irrigation. Is this bad?

This is normal. The solution enters the sinus cavities. Then when the cilia are activated sufficiently, the cilia move the solution out.

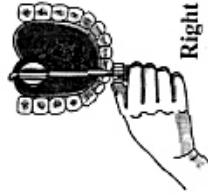
Is there an advantage to continuing to irrigate when the nose is completely clear?

No! You don't need to be more normal. However with colds and allergy: Some persons who catch common cold infection easily and work around persons with colds benefit by daily irrigation to reduce the incidence of cold infection. Persons with seasonal allergies use daily irrigation to remove pollen and allergy factors from the surface of the nose.

USE OF THROAT IRRIGATOR

Throat Irrigator Directions:

1. Attach Grossan Original Throat Irrigator Tip™ by pushing into the unit until it clicks in place.
2. Fill basin of irrigator with warm water. You can irrigate with plain water or add one teaspoon of salt to basin for a pleasant saline rinse. In addition, you may use your favorite mouth wash – diluted.
3. Always set irrigator at lowest setting. Turn on and off at the handle.
4. Set the throat tip so that the length is parallel to the tongue, to the right of the midline. Aim for just behind the last lower tooth.



Right Side



Left Side

5. Lean over the sink. Turn on irrigator. Make sure it is set on low. A gentle water stream will massage the right throat, come around, and exit the left side of the throat.
6. Gently pull the scraper back and forth on the tongue to remove odor causing particles.
7. Turn off machine. Rest a moment. Switch to the other side and repeat steps 5 and 6. One reservoir of the solution is all that is required for both sides
8. Turn off the unit and rinse thoroughly with clear water. For daily fresh breath, use once in the morning. For Halitosis, use 2 to 3 times a day. For onset of sore throat early stages use 4 times a day. For severe infected throat, follow your doctor's direction.

How It Works:

The Grossan Original Throat Irrigator Tip™ sends a gentle, pulsating stream of salt water over the infected areas in your throat. Unlike gargles and mouthwashes, the Original Throat Irrigator

penetrates every pore, every crevice, to gently rinse and massage away food particles, and odor causing bacteria for cleaner fresher breath. The pulsatile action gets into the deep crypts of the tonsils, as well as folds and crevices. The massage brings the good healing factors in and helps move the waste factors out.

TONGUE CLEANING

Food particles and debris may lay stagnant on the tongue. Use the tongue scraper by gently moving from back to forward. You can do this without the stream, then use the stream when you finish, or with the stream set low. If there is any bleeding, stop and see your doctor. Do not use to treat a lesion or growth of the tongue.

For Good Throat Hygiene, Remember the Following Rules:

1. Never clear your throat with excessive force, be gentle.
2. Never over use sore throat medications.
3. Excessive dryness of the air is not good for your throat. A simple bowl of water in the bedroom at night may be all you need.
4. Avoid gargling. This can cause hoarseness and strain the voice.

BREATH PROBLEMS

Breath problems can affect your health, social relations and even your income. Most breath problems come from breakdown of proteins by certain bacteria. Most are from nose, mouth, or throat. There are a small number that can come from a serious chest condition, but these are usually noted at once because the patient is sick. Most breath conditions can occur in otherwise healthy persons. The Hydro Pulse is designed to aid most breath problems.

Anything that dries the mouth can lead to odor because the natural flora of the mouth is no longer washed away so the bacteria multiply and give off odor. Fasting, dieting, drying medications, dry mouth on awakening are common causes. Certain conditions that decrease saliva flow cause "stasis" of the salivary liquid and dryness of the mouth.

Gum and dental disease causes halitosis, especially if there is failure to floss.

Postnasal drip is a very common cause. Postnasal drip is thick mucus caused by slow cilia movement. Because it moves slowly and may accumulate in the back of the throat or tongue, bacteria can multiply and cause odor.

Tonsilliths: These are white, thick clumps you can see in the "holes" or crypts of your tonsils. Sometimes you can squeeze them out of the tonsil and detect the odor. Because the bacteria are "laying there" a long time, the staleness leads to odor. The throat irrigator is the ideal way to clear this. The pulsating stream "crow bars" out the material from the crypts.

In young children, a foul odor from the mouth usually means a throat or tonsil infection.

Nasal blockage is a common cause because the mucus of the nose is obstructed and "just lays there" to allow bacteria to grow. Or a sinus infection with bacteria gives halitosis. If you or a child have purulent drainage from only one side of the nose, suspect a foreign body.

A bad taste in the mouth all day can come from Gastro Esophageal Reflux, particles on the tongue, poor dental hygiene, or postnasal drainage.

Persons with periodontal disease should seek dental help at once in order to preserve the teeth. The product, Enamel Saver is often recommended for gum disease. This contains 36% xylitol, which, because it aids in the body's defenses against bacteria, can improve a gum problem. It helps canker sores too.

Other aids to odor from gum disease include: to chew Xylitol chewing gum, and chewing parsley, mint, cloves or fennel seeds may also help. Again, keep the mouth moist with plenty of water.

Don't forget: Smoking cigarettes and cigars cause breath problems. (In the movies, the beautiful girl smokes, inhales, and then kisses him passionately! Yech!!!!)

Questions and Answers

I was told that if I use the throat irrigator I could avoid tonsil surgery. Is this true?

If the tonsils are diseased, washing them out in this manner, bringing more circulation to the area, moving the drainage out may help restore the tonsil to health. Consult your doctor.

What is the best solution to use for throat irrigation?

Consult your health professional on this. Most persons prefer to use regular over the counter mouth wash solutions – diluted. Saline is always fine. Plain water is OK too. It is the stream pulsation that does the work here.

How often should I irrigate the throat?

- *For general breath, once a day*
- *To prevent a sore throat or at the earliest onset of a throat problem, twice a day.*
- *After a sore throat has been treated with medication, but still persists, two to three times a day.*

Can I use the same solution for my throat after I finish the nasal irrigation?

Yes, you can use the nasal solution for the throat. But you cannot use any ordinary throat solution for the nasal irrigation.

I have used the nasal irrigation and throat irrigation and tongue cleaner, but I am told I still have a breath problem. What are other possibilities?

Pulsatille nasal and throat irrigation and tongue cleaning takes care of most causes of breath problems. You still must floss daily. Other causes include:

Gum or periodontal disease. Dental disease. Acid reflux. Lung infection. Speak to your health professional. Eating yogurt is often beneficial to restore normal mouth content after taking antibiotics. A concentrated Xylitol toothpaste, such as Enamel Saver is beneficial for gum disease.

AFTER USE

! After motor has cooled, at least 5 minutes, refill the basin with water and run to get all water out. Drop the handle below instrument level to drain any solution.

! Turn basin upside down with top open. When dry, replace on machine. Be sure lid is closed. Do not leave water in the machine.

! For regular use, you can do an antibacterial cleansing about once a week. Soak the bowl with bleach: Add 50cc of Bleach (Clorox) (about 2 ounces) and fill the bowl with water. Run the machine for about 100cc back into the bowl. Place nasal and throat attachments you have used into the bowl. Carefully time 10 minutes. Run the solution out. Rinse the bowl thoroughly. Fill with fresh water. Run two bowlfuls of fresh water through the machine. Next time you use the machine, if you notice any bleach smell, run more water.

⊘ Never use bleach full strength as this will damage the O rings. Soaking longer than 10 minutes will damage the O rings.

! About every two weeks, run some diluted vinegar through the machine to remove any salt deposits. If pressure is lowered, there may be a salt deposit – try the vinegar at that time.

! This device requires a “rest” between running each bowl for about 5 minutes.

• Unplug machine before cleaning.

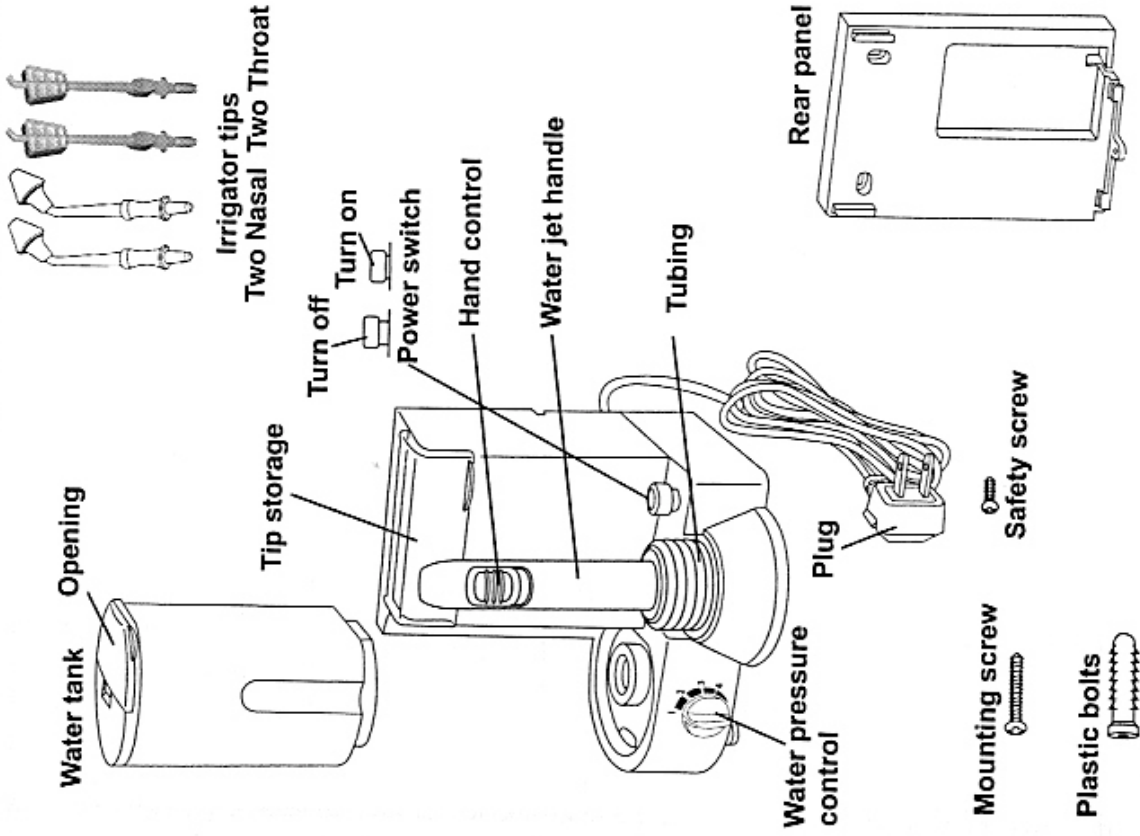
• Do not wash main body with hot water.

• Clean with a damp cloth. Never use Brillo, steel wool or harsh cleanser.

• Do not clean with alcohol or benzene.

• Clean the plug once a year to prevent a bad connection.

PARTS LIST



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TROUBLESHOOTING GUIDE

Problem	Cause	Corrective Action
Pulsatile nasal irrigator is not functioning	Improper connection with the power source	Unplug and plug it again
	There is no electricity in the socket	Try other sockets and plug it again
Motor is not working	Motor may be overheated to cause the auto safety system to be turned on	Wait for 10 minutes until the motor is cooled down. It will start again.
Pump is functioning but no water sprays	The water tank is empty	Refill the water tank with water
Water pressure is too low	Unsuitable water pressure	Adjust the knob to the most suitable setting
		Check the water tank to see if it is placed in its correct position
Stream is weak	Salt Deposit	Run dilute vinegar - one part vinegar to four parts water

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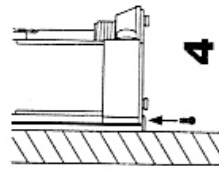
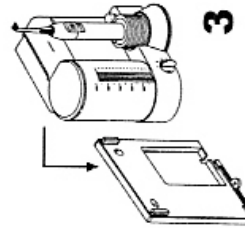
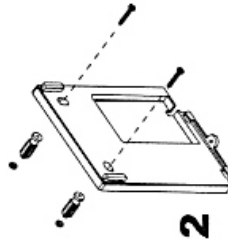
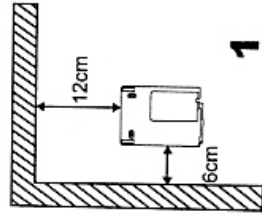
OPTIONAL WALL MOUNTING

1 Unit should be mounted with 6 inches, (15cm) from the ceiling, and 3 inches (7.5cm) from the wall.

2 Drill two holes of 0.8cm and 2.5cm deep (The distance between two holes is 8.3cm). Hammer 2 plastic bolts into the two holes till level with the wall.

3 Remove the power cord from the storage box and fit main body back onto the panel (Fix the power cord through the hole below the panel, and do not press heavily to damage the power cord).

4 Please make sure to fix the Water Jet and rear panel tightly with attached safety screw.



*Merkus: Classification of Cilio-Inhibiting Effects of Nasal Drugs. Paul Merkus. Laryngoscope: 111 April 2001 pp595 ñ 601 Use of Locke-Ringer's formula is best for enhancing cilia

*Zabner J. Seiler MP. Launspach JL. Karp PH. Kearney WR. Look DC. Smith JJ. Welsh MJ.

Proceedings of the National Academy of Sciences of the United States of America. 97(21):11614-9, 2000 Oct 10. The osmolyte xylitol increases the liquid at the airway surface liquid layer to enhance natural antibacterial elements.

A List of Hydro Med Products available at your pharmacy or health store includes:


Clear.ease™ This is a combination of fruit enzymes from pineapple and papaya. It is calibrated to one million enzyme units of Bromelain and a half million units of Papain. When dissolved in the mouth between the cheek and the gums it reduces swelling and thins mucus. Helps thick post nasal drip symptoms of the nose, sinus and chest. Helps reduce inflammation associated with joints such as the jaw joint. (TMJ). Helps dryness of the mouth due to lower salivary output.


Nasal Wash - Lavage. Combines a 6 ounce squeeze bottle with a measuring spoon and 190gm of Breathe.ease XL™. For convenient cleansing of the nose especially after industrial or chlorine pool irritation. Over 100 washes / package.


Breathe.ease XL™ Contains a 1/4 and a one teaspoon measuring spoons and a refillable 1 ounce spray bottle with a 190gm jar of Breathe.ease XL™. The refillable spray bottle is convenient to carry in purse of pocket. Use as a spray or add to pulsatile irrigator instrument or any irrigator. Breathe.ease XL is a modified Locke Ringer's solution, known to be better for sinus and nasal health. Used for spray, one jar lasts over 150 weeks.

Breathe.ease XL nasal moisturizing gel™ This is a nasal moisturizer gel with the ITN tip – goes directly into the nose. You don't need a Q-tip or messy fingers. There is no waste. The special formula is a two-way moisturizer that works at the cell level and the nasal level. Recommended for nose bleed, dryness, and reduced sense of smell due to dryness.


⚠ WARNING


 Always remove plug with dry hands. Remove plug from socket for storage and maintenance. Never remove cord by pulling the wire.


 Never place Hydro Pulse into water. Never use with the shower or where unit can get soaked.

 If plug is dusty, clean it before inserting into wall. Good advice for any plug.


 If cord or plug is damaged, return to dealer.


 The plug is polarized which means that it will only fit one way into a polarized outlet. Doesn't fit? Try reversing the plug. Never force the plug in. Some old outlets may not accept a polarized plug. See your electrician. Do not attempt to defeat this safety feature.


 Never take the machine apart to repair it. Repairs can only be done by our trained personnel.


 Use 120 volt only. If you only have 220 volt, you must use a converter. If you are subject to electric surges or extreme power fluctuations should use a surge protector and unplug between


⚠ NOTICE


 To remove the plug, hold the plug head tightly and pull the plug, NOT THE WIRE, straight out without wiggling.


 Nasal tip is for nose only and not for throat or ear. Throat tip for throat only and not for nose or ear.


 Do not use outdoors.


 When attaching to the wall, follow directions. Be sure it is secure.

 Keep out of the hands of children. Children 5 years and older can use the nasal irrigator but must be supervised. If children are using this, it is recommend to store it out of reach between uses.

 Do not run continuously over 10 minutes. Be sure there is water in the basin before turning Hydro Pulse on.


 Do not use in presence of volatile gasses or sprays such as spray paint.


 Do not use in an operating room where there are volatile gasses such as ether.


 Do not overfill the tank. Always empty the tank after use. Do not allow water to sit in the tank.

CAUTIONS


The Hydro Pulse is an electrical device, and like all other electrical devices, requires precautions to guard against fire and electric shock. Read and understand all cautions. If you have any questions, contact customer service *before* use.


 Never use this device where it could become submerged in sink or bathtub.

 Never use this device if electric cord is frayed, or if the plug is broken, or if this device blows a fuse.

 Do not try to service or modify unit. Never open the unit, as this can short circuit the device.

The Hydro Pulse Pulsatile Nasal/Sinus Irrigation System, like any treatment for the body, must only be used as directed. Failure to use as directed could result in permanent personal injury. If you have any questions about the use of this product, contact customer service *before* use.

 In all cases, follow your doctor's instructions if they are different from those in these instructions.

 Please inform your doctor that you are using this product. Be sure to ask doctor for instructions about use after sinus/nasal surgery. Follow doctor's instructions carefully when adding prescribed antibiotic or antifungal medications to the Hydro Pulse.

SPECIFICATIONS

power	AC120V 60Hz
capacity	40W
pressure	0.13N-0.20N MAXIMUM
pulsation	1200/minute
working time	about 2-3 minutes for 500cc
dimension	180(H) × 175(W) × 145(L)mm
volume	500ml
weight	1350g

REPLACEMENT PARTS

If you lose irrigator tips or need spare parts, please contact your dealer.



Be sure to save your receipt and ask for a prescription for the Hydro Pulse from you health provider for insurance and tax purposes.

IMPORTANT SAFEGUARDS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed, including the following.

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

- Always unplug this product immediately after using.
- Do not use while bathing.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquids.
- Do not reach for a product that has fallen into water. Unplug immediately.

WARNING – To reduce the risk of burns, electrocution, fire, or injury:

- A product should never be left unattended when plugged in. Close supervision is necessary when this product is used by, on, or near children or invalids.
- Use this product only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the product to a service center for examination and repair.
- Keep the cord away from heated surfaces.
- Never block the air openings of the product or place it on a soft surface, such as a bed or couch, where the air openings may be blocked. Keep the air openings free of lint, hair, and the like.
- Never use while drowsy.
- Never drop or insert any opening or hose.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Unplug this product before filling. Fill reservoir with water only unless otherwise specified by manufacturer. Do not overfill.
- The motor in our pulsatile nasal irrigator has the temperature-over-heated control. When it is overheated, the power will be "off" automatically. Wait 10 minutes to allow motor to cool down.
- Avoid electric shock. Do not remove cover (or back). Refer servicing to qualified service personnel.
- Do not use the nasal irrigator when the nose is completely obstructed.
- Adjust the pressure from low pressure so the stream does not exceed one inch high.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS

This product is not a toy and carries the same dangers as any appliance such as a hair dryer.



Symbol for possible electric shock.



Symbol for do not take machine apart.



Symbol for remove plug from socket.



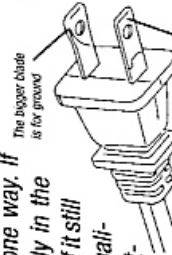
WARNING

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

The bigger blade is for ground



The smaller hole is live



The smaller blade is live

HydroMed, Inc.

Hydro Pulse™ is manufactured in Taiwan for:
Distributed Exclusively by:
Health Solutions Medical Products, Inc. (800) 305-4095
Culver City, CA 90231 U.S.A