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.