

Nose Vole and Nose Vole HT (High Tension) – Instructions for Use



Keep out of the reach of children



Keep away from infants



Keep away from household pets



Do not expose to direct sunlight



Store separately from household chemicals

The Nose Vole HT is a high-tension version of the Nose Vole. All instructions relate to both the Nose Vole and Nose Vole HT unless otherwise specified.

Warning

- Do not share your Nose Vole with anyone.
- Inspect your Nose Vole before using: do not use if it is damaged.
- Use a new Nose Vole every 24 hours as repeated use of the same product can lead to material failure, which could cause injury.
- Do not attempt to force the arms of the Nose Vole further apart.
- Make sure you do not contaminate the Nose Vole after unwrapping it – many household products and cosmetics may damage it, and may irritate the delicate lining of your nose.
- If you suffer any adverse effects after using the Nose Vole, stop using it and if necessary consult a doctor.

The Nose Vole is **not** suitable for:

- Children under 15 years of age unless prescribed by a doctor.
- People who are prone to nose bleeds.
- People who have suffered or are recovering from nasal trauma (for example, an operation or accident).
- People who are unable to insert the unit themselves due to any mental or physical handicap.

What is the Nose Vole?

The Nose Vole is a 'get to sleep' aid, to be used when a cold or other infection is making breathing through your nose difficult. It is designed to be inserted into a single nostril and comes in three sizes.

Storing your Nose Vole

- Keep your Nose Vole inside its packaging until you are ready to insert it.
- Store in a cool dry place, out of the reach of children and animals.

Choosing the correct size

The only certain way to choose the correct size is to try one and see how effective it is. The size of your nostrils will give you some idea of which is the most likely size for you.

- If the unit is too small, it cannot open your airway properly and there is a risk of pushing it in too far even though there is a safety stop on the side.
- If the unit is too big, it will not sit properly between the centre of your nose and the side wall – it will tend to come out and slip out of position. It will also be very uncomfortable to wear.
- You have the correct size when the safety stop is just clear of your nostril (see diagram 1) and you notice a significant improvement with your nasal breathing.

Before inserting the Nose Vole

- 1 Gently blow your nose.
- 2 Check each nostril in turn to see which one is currently letting in more air. To do this, close one nostril at a time and take a deep breath through your nose. The one letting in most air is the target nostril.

Note: If you are not sure which one is the target nostril, try both (one at a time). Leave it in the one that helps you breathe more easily.

- 3 If necessary, dry the inside of the target nostril using a clean tissue.
- 4 Wash your hands.
- 5 Remove the Nose Vole from the packaging and check it carefully for any signs of damage.

To insert the Nose Vole

- 1 Twist the horizontal bar that is holding the arms of the aid apart to remove it. Discard the waste material safely.
- 2 Squeeze the arms of the Nose Vole together.
- 3 Holding the end of the Nose Vole and keeping the arms of it squeezed together, insert it into the target nostril. You may need to use both hands (see diagram 2).

It is far enough in when the fingers of the hand holding the end of the Nose Vole are against the edge of your nostril.

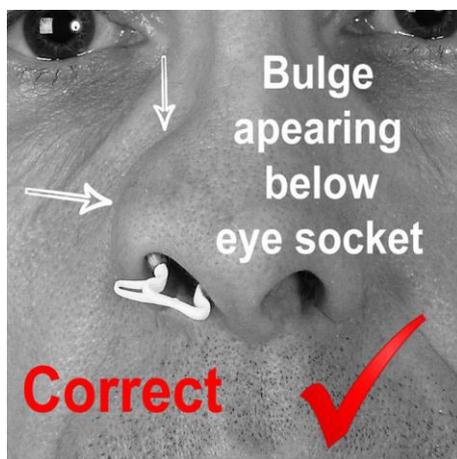
Caution: Do not push the Nose Vole too far up your nose. Make sure you can grasp the end of the Nose Vole at all times while positioning it. It is important that the safety stop on the unit does not enter your nose.

- 4 Twist the Nose Vole so that one arm is against the septum (the middle of your nose) and the other is pushing against the side of your nostril. This widens the air passage. A slight bulge in the nasal wall should appear just below your eye socket (see diagram 3).

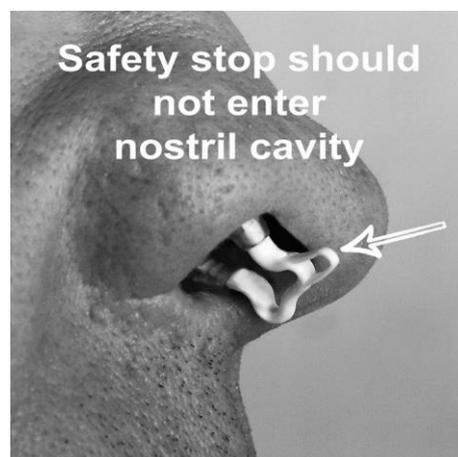
If the unit slips out of position then no improvement in the airway will be achieved (see diagram 4).

During the night

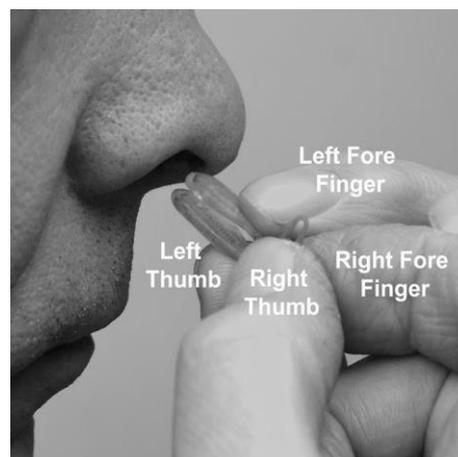
- You may find that the Nose Vole falls out while you are asleep. This is perfectly normal. You may choose to reinsert the Nose Vole. If you do, check which is now the target nostril as this may have changed.



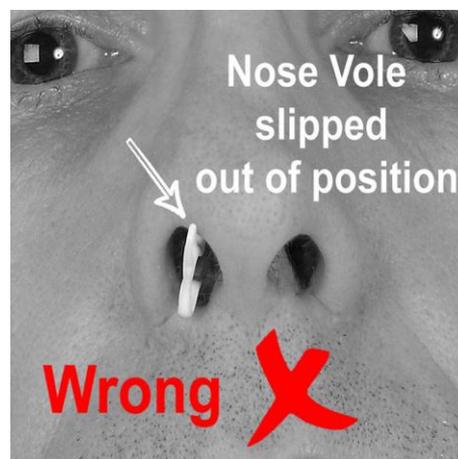
3 Nose Vole in correct position.



1 Close up of safety protrusions clear of nostril.



2 Nose Vole with arms pinched together.



4 Nose Vole in wrong position.

- If you wake in the night, you may feel that the Nose Vole is not as effective as it was. This may happen if the other nostril is now the one clear of mucus. If so, simply move the Nose Vole to the other nostril.

Questions and answers

1 Why do I have to check which nostril is letting in more air?

In most people, the two nostrils take it in turns to produce mucus. This mucus and the slightly swollen lining of the nostril reduce the amount of air that can pass through it. Inserting a Nose Vole into the nostril currently producing mucus is not as effective (as the mucus and swelling are blocking the air flow anyway) as inserting it to widen the clear nostril.

This is why you should put the Nose Vole into the nostril that is letting in *more* air.

2 Does this taking turns (the nasal cycle) happen in everyone?

It's difficult to be certain. It definitely happens in most people, but we don't really understand why. Some experts believe that the mucus is keeping the internal part of the nose clean, reducing the chance of infection, and that the nostrils do this one at a time so we get enough air into our lungs. Others believe that this process is to do with our sense of smell – that we smell things better through the nostril that is letting the air in more slowly and is moist.

3 How often does the change from one nostril to the other happen?

This varies, but every 4 to 6 hours is quite common.

4 How long does the switch take?

It can take anything up to 45 minutes for the complete switch over from one nostril to the other to take place.

5 I'm not sure which nostril is the target nostril – what should I do?

Your nasal cycle may be in the process of switching from one nostril to the other. If you can't feel any difference, you can put a Nose Vole in each nostril.

6 I have a very heavy cold – does that make a difference?

If you are using the Nose Vole to help you fall asleep when you have a cold, the principle is exactly the same as before. However, a build-up of catarrh high in the target nostril may neutralize the performance of the unit to a degree. In this case, you may get greatest relief by using two Nose Voles – one in each nostril. You may notice this especially during the recovery phase of a cold.

7 What happens if I accidentally push the Nose Vole too far up my nose?

If you accidentally push the Nose Vole too far when inserting it, it will be uncomfortable and more difficult to remove. The Nose Vole cannot move higher in your nose by itself, and it is not possible for it to get into your airway beyond your nose area.

You should still be able to remove it yourself. If you are unable to do so for any reason, your doctor will be able to remove it for you.

General hints and tips

- If you sleep on your side, lie on your right side if the Nose Vole is in your left nostril and on your left side if it is in the right nostril. This may help sinus draining.
- Making tiny adjustments to the position of the Nose Vole in your nostril can make a big difference to its effectiveness.
- You may need some time to get used to your Nose Vole before you feel the full benefit. Initially it may be uncomfortable to wear, depending on the sensitivity of the inside of your nose.

Troubleshooting

1 My Nose Vole does not stay in the correct position between my septum (the middle of my nose) and the outer nostril wall (alar).

Cause a) The inside of your nostril is too damp.

Corrective measure: dry the inside of that nostril with a clean tissue.

Cause b) It could be that the Nose Vole is the wrong size.

Corrective measure: try a different size.

2 My Nose Vole does not help me to breathe through my nose.

Cause a) It could be that you have the Nose Vole in the wrong nostril.

Corrective measure: insert the Nose Vole in the other nostril.

- Cause b) It could be that your Nose Vole is not sitting correctly between the septum and the nasal wall.
Corrective measure: try repositioning the Nose Vole according to the instructions, checking the diagram showing the Nose Vole in place.
- Cause c) It could be that your Nose Vole is not being positioned high enough in your nasal cavity.
Corrective measure: Try to insert the Nose Vole higher into your nostril, but make sure:
- You are able to grasp the end of the Nose Vole at all times.
 - You do not push it past the safety stop.
 - It is not painful or uncomfortable.
- Cause d) You may have some mucus or catarrh present high in your target nostril.
Corrective measure: Try lightly blowing it out onto a clean tissue, or try using the Nose Vole with our aromatherapy sinus balm.
- Cause e) It could be that your nasal cycle is in the process of switching so there is no target nostril at present.
Corrective measure: wait for up to 45 minutes, or try inserting a Nose Vole in both nostrils to gain some relief immediately.
- Cause f) It could be that your Nose Vole is too small.
Corrective measure: Try a larger Nose Vole.