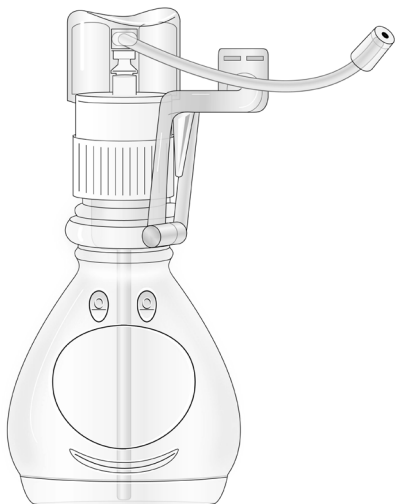


Kids Mist™ Atomizer Spray Bottle

The Kids Mist™ atomizer spray bottle makes spraying your nose easy. Simply fill the bottle with nasal saline and then spray into your nose. Fine mist droplets gently moisten and flush the lining of the nose.



If more than one family member needs to use nasal saline, **each person should use his or her own** atomizer bottle. This will prevent the spread of bacteria or viruses between family members.

How to Use

- Unscrew pump from bottle and fill with nasal saline mixture then thread hand pump tight onto bottle.
- Spray 3 times into the air to flush out the tip and “prime” the pump.
- Gently blow child’s nose to clear out mucus before spraying with nasal saline.
- Place atomizer tip in the nose. Hold the spray tip in place with one hand. Wrap the other hand around the bottle and place your thumb on top of the pump.
- Shape atomizer tubing like a hockey stick to point upward. Place tip in the

nose. Press down on the pump and spray 3-4 times in each nostril and gently blow the nose.

- Repeat nasal saline spray as often as needed to clear nasal mucus.

Nasal Saline Mixture

Use these safe types of water in nasal rinse devices:

- Distilled or sterile water, which you can buy in stores.
- Boiled and cooled tap water – boiled for 3-5 minutes, then cooled to lukewarm.
- Water passed through a filter with an absolute pore size of 1 micron or smaller, which helps trap harmful organisms. The Center for Disease Control can help you find these filters, which you can buy from some stores or online. Website: www.cdc.gov

How to Mix Nasal Rinse

- Mix one packet of SinuCleanse® dry powder to ½ cup water. Store nasal saline in an airtight container.
- Once the saline solution is mixed, it should only be used for up to 7 days, then should be thrown away.
- **Important:** Be sure to mark the date the solution will expire on the container to avoid bacterial contamination.

Cleaning the Device

After each use, wipe off tip with clean tissue or rinse with soapy water. Store bottle and tip in a clean place. **Clean device once a week.**

To clean the device:

1. Remove tip from pump and unscrew pump from bottle. Pour out any leftover nasal rinse. Wash in hot soapy water. Rinse with clean water. Do not place in dishwasher.
2. Fill bottle with vinegar mixture and pump 10 times. Soak outside of device in vinegar solution for 20 minutes, then take apart bottle, dump out vinegar and air dry.

Vinegar Recipe for Cleaning the Device

1. Place 1 ½ cups of boiling tap water or distilled water into a clean glass jar.
2. Add ½ cup of white wine vinegar.
3. Allow liquid to cool before cleaning the device.
4. Discard after use and make a new batch when it is time to clean again.

Who to Call

If you have any questions or concerns, please contact the Pediatric Otolaryngology Clinic and ask to speak with a nurse.

Pediatric Otolaryngology Clinic:
(608) 265-7760

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7940.