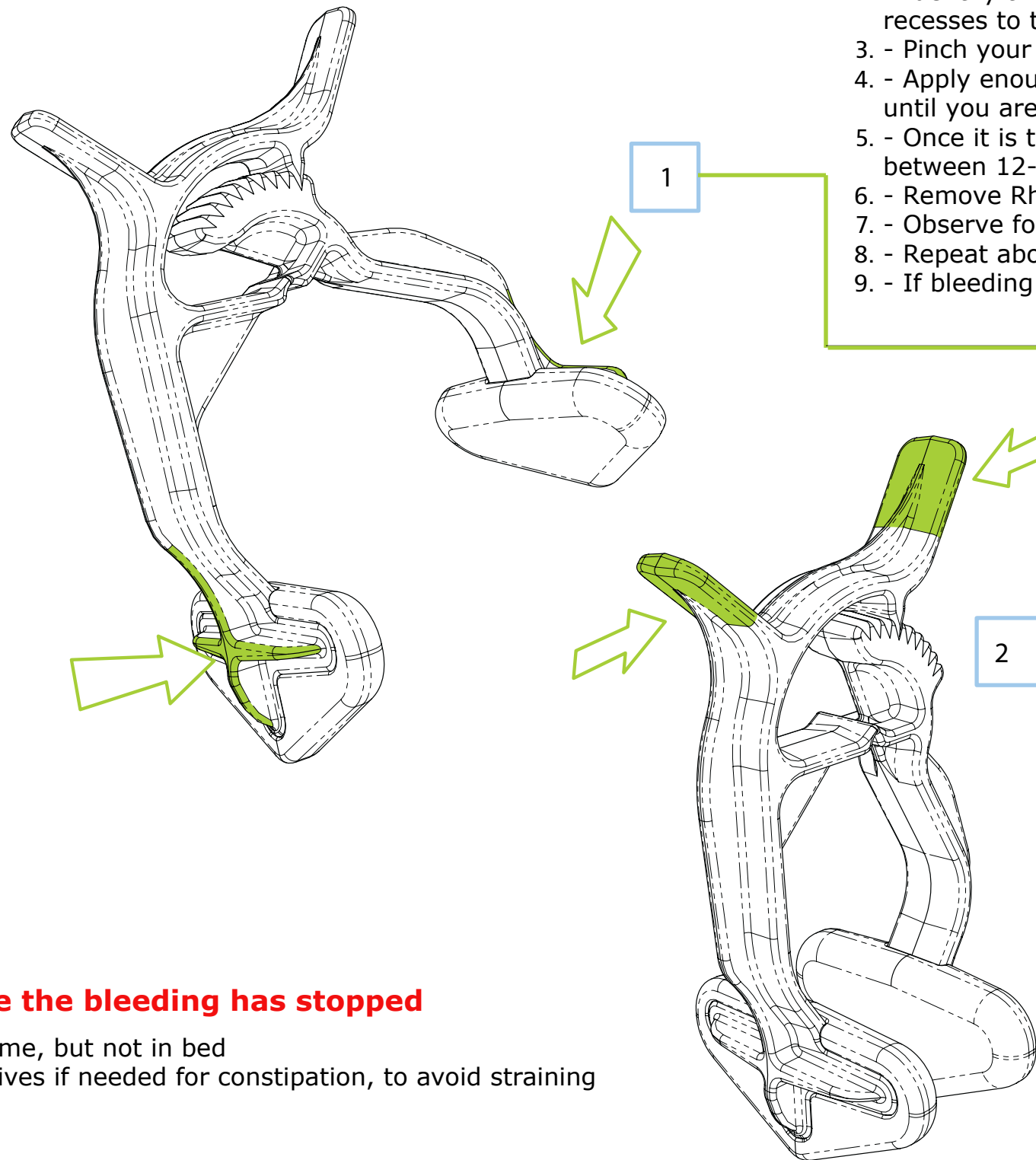
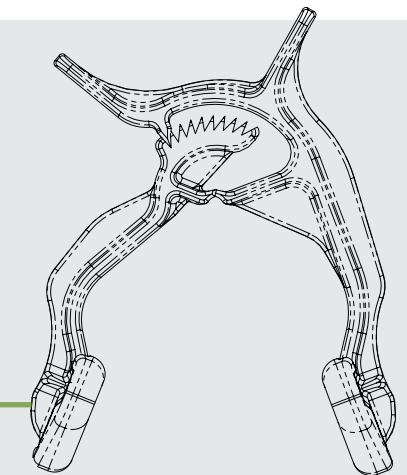


Instructions when applied by patient

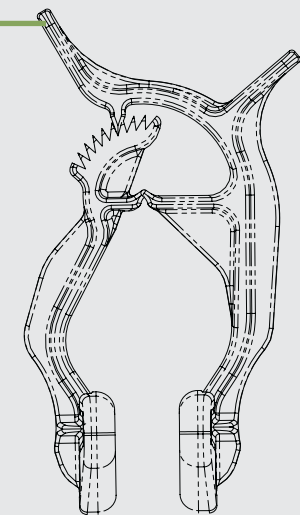
1. - Open or spread the finger recesses wide enough, apply pads and then fit over your nasal bridge
2. - Identify the spongy/fleshy area just below the nasal/nose bone and apply the pads of the finger recesses to this area **pushing** both inwards and upwards towards your face.
3. - Pinch your nose with the RhinoPinch® by pressing the finger recesses inwards.
4. - Apply enough pressure by **pressing the finger recesses until ratchets are engaged** and until you are unable to breath through the nostrils
5. - Once it is tight enough, let go of the RhinoPinch® and allow it to maintain the pressure for between 12-15 minutes.
6. - Remove RhinoPinch® by **pressing the ratchet release arms** to disengage ratchets.
7. - Observe for any bleeding.
8. - Repeat above procedure 3 times if bleeding continues.
9. - If bleeding persists please contact a Doctor.

**1. First Operation**

Attach pads to clip base.
Applying pressure to the finger recesses engages the ratchet system allowing to select a desired pressure with accuracy.

**2. Second Operation**

The pressure on the nose is released by squeezing the ratchet release arms at the top of the product.

**Do's once the bleeding has stopped**

- Rest at home, but not in bed
- Take laxatives if needed for constipation, to avoid straining

**Don'ts once the bleeding has stopped
AVOID (for a few days)**

- Sneezing (or sneezing with mouth open)
- Blowing nose
- Hot drinks
- Spicy foods
- Dusty or smoky atmospheres
- Alcohol
- Hot baths