

## Instructions when applied by user/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 breathe 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. Repeat above procedure 3 times if bleeding continues.
8. 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.

**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



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

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

**European Authorized Representative:** MDTi Cyprus Ltd, 1 Kalymnou Q  
MERITO, 4 floor, 6037 Larnaca, Agios Nikolaos, Kamares, Cyprus.  
Telephone No. +357 24343145, Email: info@mdti.eu