



INSTRUCTIONS ON HOW TO CARE FOR THE NOSE PLUG

1. Keep nose plug in place for _____ days.
2. If the nose plug comes out partially, then push the nose plug back in place.
3. If the nose plug comes out completely, you will need to reinsert the nose plug.

To reinsert the nose plug:

- a. Clean the nose plug under running water.
- b. Dry off the nose plug.
- c. Apply ointment (Vaseline, Polysporin or Aquaphor) to nose plug.
- d. Gently reinsert the nose plug into the nasal airway.
- e. Apply paper tape to secure the nose plug.