

Use the assembly aid to insert the nosepiece and valve hose into the curved tube (as shown in figures 6a-6d).

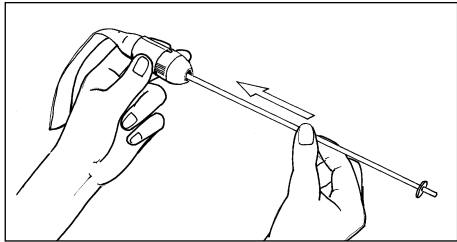


Fig. 6a

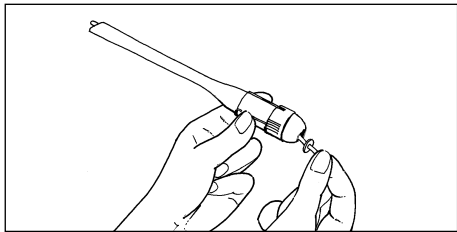


Fig. 6b

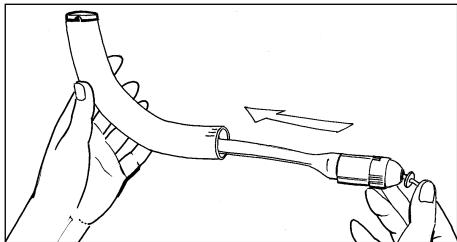


Fig. 6c

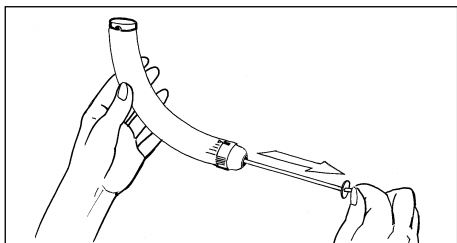


Fig. 6d

**The assembly aid must be removed before using the RC-Cornet®N.**

### Note

Before using the RC-Cornet®N we recommend rinsing the nose with a saline solution (1/2 tea-spoon of salt in a glass of water). Experience has shown that this helps to obtain quicker and more effective treatment.

Please do not rinse if you have inflammation of the nasal entrance or any injuries inside your nose.

### Annotation

Minor white precipitations on the valve hose or at the curved tube originate from the medical talcum necessary for the hose production and are of no concern.

The RC-Cornet®N valve hose is made out of an organic material, a special gum, which is also used for baby comforters and therefore will lose its elasticity over time. Accordingly it is recommended to change the valve hose from time to time.

**There is no Latex in the valve hose.**

### Accessories

Additional valve hoses – in a pack of two – (Article No. 211) can be ordered under the mentioned address.

All spare parts are available on request.

**The equipment is for single patient use!**



Sales:  
Bonicur Ltd.  
27 Rushdene Road  
Pinner, Middlesex  
HA5 1SW, UK  
Tel.: +44-2081447667  
Fax: +44-2080825528  
Email: info@bonicur.com  
Internet: www.bonicur.com

Production:  
R. Cegla GmbH & Co. KG  
Horresser Berg 1  
56410 Montabaur, Germany  
Tel. +49 26 02 92 13-0  
Fax +49 26 02 92 13-15  
e-mail: info@cegla.de  
Internet: www.cegla.de



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## Nasal Cornet

**Physiotherapeutic device for the treatment of post-nasal drip syndrome and chronic rhino-sinusitis**

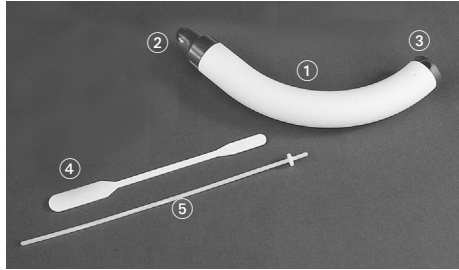
### Instruction manual



- Releases troublesome phlegm
- Prevents unproductive cough (postnasal-drip)
- Increases ventilation of paranasal sinuses and Eustachian tube
- Trains the mucosa of the nose, nasopharynx and paranasal sinuses

Technology for helping, curing and treating

## The package includes:



- ① Curved tube
- ② Nosepiece with valve hose
- ③ Silencer
- ④ Drying aid
- ⑤ Assembly aid

All these parts are also available separately.

## RC-Cornet®N for the physiotherapeutic self-therapy of patients with postnasal-drip syndrome and chronic rhino-sinusitis.

### How to use the RC-Cornet®N:

Insert the RC-Cornet®N in your left nostril and close the right nostril using the index finger (figure 1).



Figure 1

Take a deep breath through your mouth and breathe out through your nose into the RC-Cornet®N. Continue with the exercise for 1-2 minutes. Repeat the exercise for another 1-2 minutes with your right nostril, by closing the left nostril with your index finger. Again, take a deep breath through your mouth and breathe out into the RC-Cornet®N.

Please ensure that the nosepiece of the RC-Cornet®N is in the starting position – mark on the nosepiece the shortest arrow of the curved tube (figure 2).

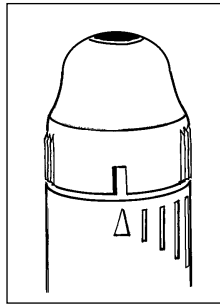


Figure 2

### Recommended use

3 times a day for 1-2 minutes per nostril.

### To consider

You can use the RC-Cornet®N regardless whether you sit, lie or stand.

### Contraindication

Do not use the RC-Cornet®N if you suffer from nose-bleeding.  
If you suffer from severe paranasal sinusitis and/or eardrum-infections, please only use RC-Cornet®N alongside antibiotics and after consulting your doctor.

### Side effects

After using the RC Cornet®N for the first time, one may experience a runny nose for the first two or three days.

### Physiological Effects of RC-Cornet®N Therapy

The pressure oscillations of the RC-Cornet®N loosen the phlegm of the nose, paranasal sinuses and the throat area. The physical stimuli will normalize the blood and lymph circulation of the mucous membranes. The period to achieve this status can vary, depending on severity of the infection.

**Every physical therapy including the treatment with RC-Cornet®N only works, if carried out on a regular basis.**

## Cleaning

All components can be cleaned as follows:

- dish-washer - 65°C
- manual sterilization in boiling water
- Steam steriliser
- Compressed steam: temperature up to 121°C respectively 134 °C

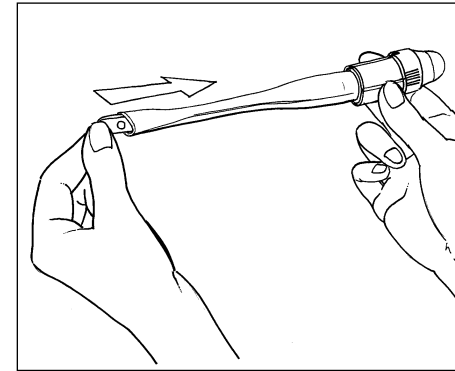


Figure 3

### Notice

**The assembly aid cannot withstand temperatures above 65°C!**

To start cleaning, pull the combination of nosepiece and valve hose out of the curved tube and insert the drying aid into the valve hose (as shown in figure 3). This will accelerate the drying-process and helps when disinfecting the valve hose.

### Reassembling after Cleaning

In case you have pulled the valve hose off the nose piece, bring the valve hose back on the nosepiece until you have reached the four long ridges (as shown in figures 4a+b). Mark on the nosepiece which should be perpendicular to the broadside of the tube.

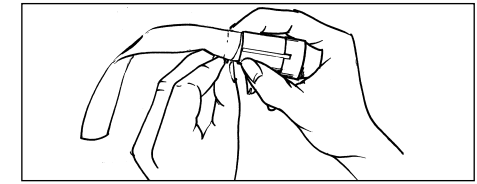


Figure 4a

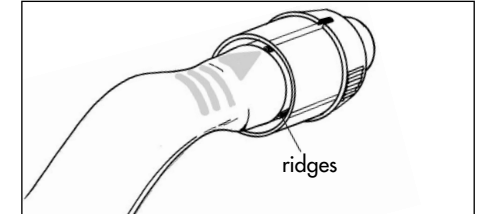


Figure 4b

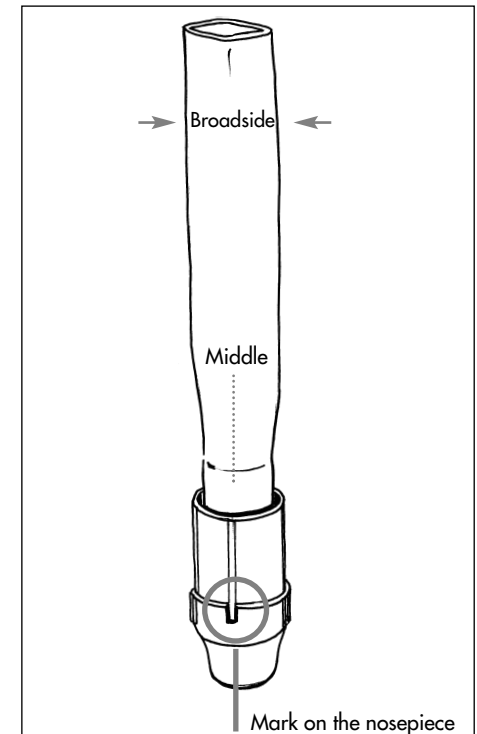


Figure 5

### Important information

Please note that the mark on the nosepiece has to be in the centre of the broadside of the valve hose. (figure 5)