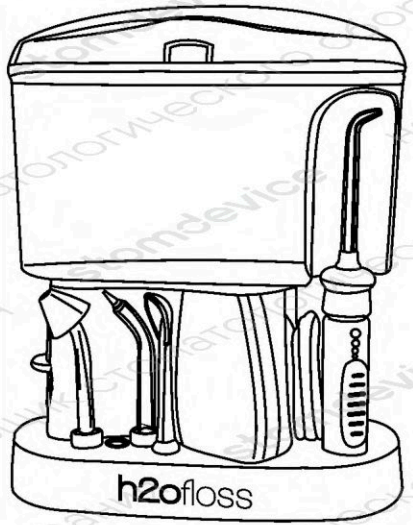
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User's Guide

使用手册



h2ofloss

Oral and Nasal Irrigator

Model: hf-7

惠齿

口鼻冲洗器

型号：hf-7

Important!

Read this manual carefully, and keep for future reference.

重要！

仔细阅读并保存本手册以备参考。

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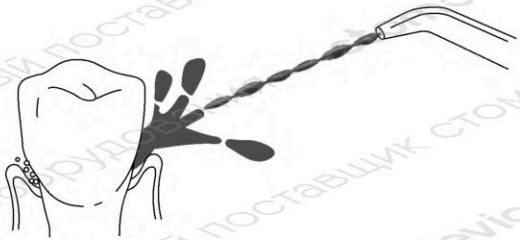
CONGRATULATION!

Thank you for selecting the h2ofloss oral and nasal irrigator.

The h2ofloss oral irrigator cleanses your teeth and gums, removing food particles from between your teeth and reducing bacteria that can lead to gingivitis and other periodontal diseases.

The h2ofloss nasal irrigator effectively cleanses and clear your sinuses gently and pleasantly, removing foreign matter, crusts and other undesirable materials, and massage the cilia and nose and sinuses to their normal, healthy state.

To maximize your benefit from the h2ofloss oral and nasal irrigator, it is important that you read and understand the information in this instruction manual.





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SAFETY

When using electrical appliances, especially when children are present, precautions should always be followed, including, but not limited to the following:

READ ALL INSTRUCTIONS BEFORE USING.

DANGER:

To reduce the risk of electrocution:

- Always unplug this product immediately after use.
- Do not handle charger with wet hands.
- Do not place in or drop into water or other liquid.
- Periodically check the chord for damage.
- Do not use the unit while bathing.
- Do not place or store the unit where it can fall or be pulled into a tub, sink, or toilet.
- Do not reach for a unit that has fallen into water. Unplug immediately.

WARNING:

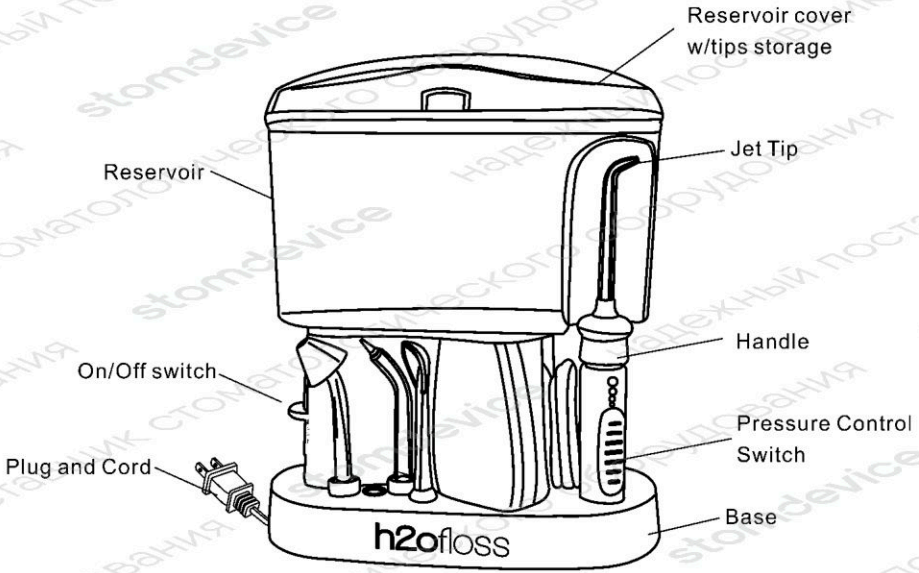
To reduce the risk of burns, electrocution, fire, or injury to persons:

- Do not plug this device into voltage system that is different from the voltage system specified on the device.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if dropped or damaged, or dropped into water.
- Close supervision is necessary when this product is used by, on or near children or adults requiring assistance.
- Do not direct water under the tongue, into the ear, nose or other delicate areas. This appliance is capable of producing pressures that may cause serious damage in these areas.
- Use this product only for it's intended use as described in the manual or as recommended by your dental professional.

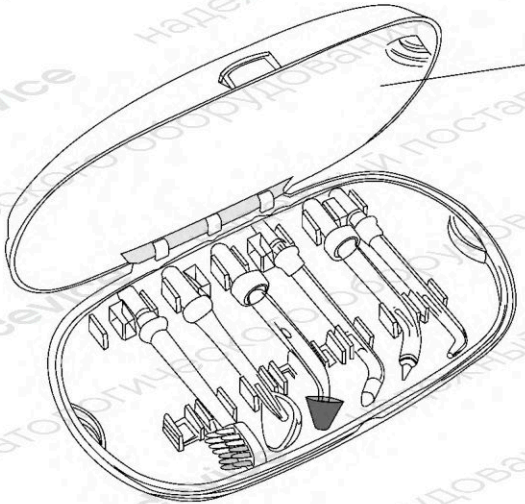
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- Do not use attachments not recommended by the manufacturer.
- Fill reservoir with warm water or other mouthwash or prescribed solution as recommended by your dental professional.
- Never drop or insert any object into any opening or hose.
- Do not use while wearing any oral jewelry. Remove prior to use.
- Do not use where oxygen or aerosol sprays are being administered.
- Do not add soda, salt or any other abrasive substance to the water in the reservoir as doing so will damage your h2ofloss.
- If you have had oral or periodontal surgery in the previous twelve months, contact your dentist prior to use.
- Do not use this product for more than 8 minutes in each two-hour period

SAVE THESE INSTRUCTIONS.



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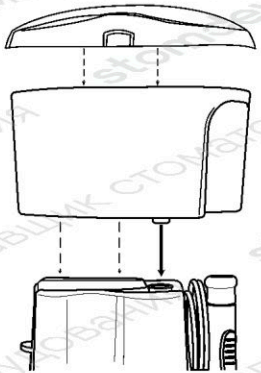

Reservoir cover
w/tips storage


Toothbrush Tip
Tongue Cleaner Tip
Cleansing Irrigation Tip
Moisturizing Mist Spray Tip
Orthodontic Tip
Periodontal Tip
Jet Tip

Plug this device into voltage system that is specified on the device. If the outlet is controlled by a wall switch, be sure it is turned on.

Preparing the Reservoir

Lift off the water reservoir from the base and fill with lukewarm water. Place the reservoir securely in the base.



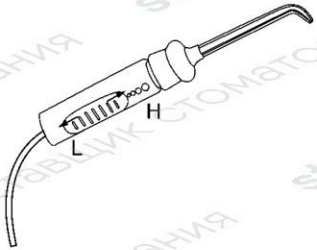
Inserting and Removing Tips

Insert the jet tip into the opening on the handle. Push down firmly! Jet tip should snap into place.



Adjusting the Pressure Setting

Direct the jet tip into the bottom of the sink basin and turn the on/off switch to the “on” position. As soon as water begins to flow from the jet tip, press the water pause button on the handle, and slide the pressure control knob to the setting that you intend to use, that is comfortable to you.



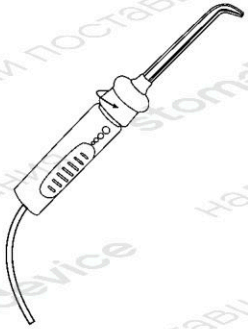
Placement in Mouth

Lean low over sink and place the jet tip in mouth. Aim the tip toward teeth.

With your free hand, slide the on/off switch on the base of the unit to the “up” position. Set pressure at desired setting.



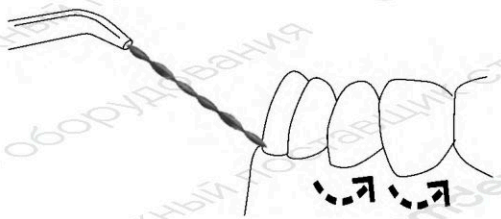
Direct the stream by turning the knob at the top of the handle.



Recommended Technique

Bend over the sink and guide the jet to your teeth and gums. Glide the handle switch up to start the water stream. Keep your mouth slightly open to allow the water to run into the sink.

Direct the stream of water towards the gumline at 90 degrees, so that contact is made where the tooth and gums meet. Manoeuvre the flow of water from tooth to tooth remembering to pause briefly between each tooth.



When Finished

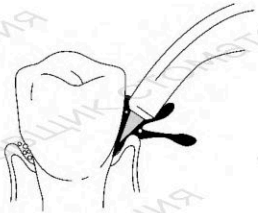
Turn the unit off. Empty any water remaining in the reservoir after use. Unplug the unit.

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SPECIAL TIPS

PERIODONTAL TIP

Place the periodontal tip in contact between teeth and the gumline. Lean the soft tip against a tooth at a 45-degree angle and gently place the tip under the gumline, into the pocket. Start the irrigator by setting it at the lowest pressure and clean by gently following gumline, inserting the periodontal tip in between teeth. Continue tracing along the gumline to massage the gums and safely deliver solution into the gingival pockets below the gumline.



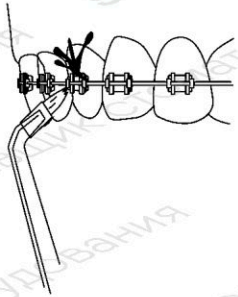
Tongue Cleaner Tip

Lean your head over the sink. Glide the pressure button to the lowest setting. Start the irrigator and place the tongue cleaner at the back of your tongue and move it forward to clean your tongue. Repeat to cover entire tongue. Set the pressure to the lowest setting and adjust to a higher setting for more water pressure as it feels comfortable.



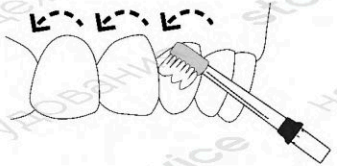
Orthodontic Tip

Use the Orthodontic Tip to simultaneously brush and rinse hard-to-reach areas around braces, crowns, bridges and implants. Start on the last molar (back tooth). Place tip at 90degree angle to the tooth at the gumline. Gently glide tip along gumline, pausing briefly to lightly brush area between teeth and all around orthodontic bracket, before proceeding to the next tooth and outside of both the upper and lower teeth. Continue process until you have cleaned the inside



Toothbrush Tip

Put the brush head tip into your mouth before switching on the irrigator. Move the brush head gently along your teeth and gumline region and allow the brush head to stay on the surface of each tooth for a few seconds with a slight gliding motion for the best teeth cleaning and gum massaging effect. This action loosen debris and larger food particles before flushing them away — ideal for all dental work, including fixed and removable appliances.



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NASAL CLEANING SYSTEM

Pulsatile nasal/sinus irrigation is an extremely effective system for cleansing the nose and sinus, an effective tool for the maintenance of healthy nasal & sinus cilia.

IMPORTANT SAFEGUARDS TO AVOID INJURY:

- Follow your physician s instructions carefully when using this product.
- Closely supervise use by children and individuals with special needs.
- Do not use the h2ofloss nasal tip attachment anywhere except in nose.
- Do not use any other attachment in the nose except the h2ofloss nasal tip attachment.

WARNINGS:

- If you have an acute sinus infection, consult your doctor before using it.
- If you find yourself gagging or experience ear pain, you are trying to force too much solution into the nasal passage too quickly.
- Coughing is normal as some of the solution may run down the back of the throat.

PREPARING RINSING SOLUTION:

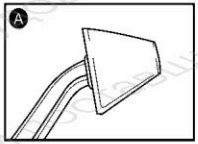
For maximum comfort, use saline solution or doctor prescribed solution.

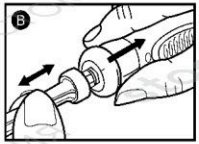
To make saline solution, use non-iodized or kosher, pickling, canning or sea salt. In a clean container, mix 1 teaspoon (0.22oz by weight) salt; 1/2 teaspoon(0.07oz by weight) of baking soda (sodium bicarbonate) with 8oz of lukewarm water. Dissolve salt thoroughly and pour into the reservoir.

DIRECTIONS FOR USE

- Insert the nasal jet tip into the opening on the handle. Push down firmly! Jet tip should snap into place.
- Position the soft nasal blue bulb over the sink, open end pointing upward.
- Turn “ON” the irrigator and glide the pressure setting to adjust the stream so that it is almost one inch high.

- Keep it at this pressure setting, switch 'OFF' the appliance.
- Insert the soft nasal blue bulb comfortably into the nose and turn “ON” the appliance.
- Lean over the sink so you can see the drain. In this position, none of the solution will go in your throat, and the treatment will be comfortable and pleasant.
- The solution will gently go in one side of the nose and out the other while stimulating nasal cilia and removing undesirable material. Continue rinse until liquid comes out clear.
- Remove nasal tip attachment from current nostril, place in other nostril and repeat process.
- Use about 50% of the mixed solution on each side of the nose.









BENEFITS:

- When you rinse your nose with this salt water and baking soda mixture, it washes crusts and other debris from your nose.
- Salt water pulls fluid out of the swollen membranes of your nose. This decongests the nose and improves airflow. Not only does this make breathing easier, it helps open the sinus passages.
- Irrigating with saline solution helps the nose work better and moves mucus out of the nose faster.

- Make sure to throw out the water inside the tank, and run the appliance for 2 to 3 seconds to drain the water after usage. Otherwise bacteria could collect in the remaining water.
- Do not submerge the unit in water or any other liquid.
- Wipe the exterior when necessary with a soft cloth and mild non-abrasive cleanser.
- Reservoir may be washed with soapy water. Before cleaning, unplug from the electrical outlet. Wash the dirt off from inside using a brush or similar, and wipe off with a cloth.
- Dry the reservoir when not using for a long period.

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TROUBLESHOOTING

PROBLEM	CAUSE	CORRECTIVE ACTION
Jet Tips and Tongue Cleaner Leakage between the tip and handle knob	Tip not fully engaged	Remove tip and reinstall
PERIODONTAL Tip Tear in soft tip	Tip is worn	Replace with new tip
Base Hose to the handle leaks	Damage to the hose	Can be replaced by authorized service center or contact our company for a self service repair kit.
Reservoir leaks	Missing reservoir value or reservoir valve is upside down.	Replace reservoir valve. Turn valve right-side up
Inadequate pressure	Reservoir not positioned properly	Re-position reservoir. Press down firmly on the reservoir.
Unit doesn't start	Motor not running	Be sure outlet is functioning: test with another appliance(check electrical reset button and/or wall switch)

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WARRANTY

h2ofloss will repair or replace (at our option) your unit free of charge for 24 months from the date of purchase if the appliance is defective in workmanship or materials.

This guarantee does not cover: damage due to improper use, normal wear or use as well as defects that have a negligible effect on the value or operation of the appliance. The guarantee becomes void if repairs are undertaken by unauthorized persons and if original h2ofloss parts are not used.

To obtain service within the guarantee period, hand in or send the complete appliance with your purchase receipt to an authorized h2ofloss distributor/customer service center in your country. Purchaser is responsible for all postage and freight charges and any other expenses incidental to claiming against this Warranty.

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前言

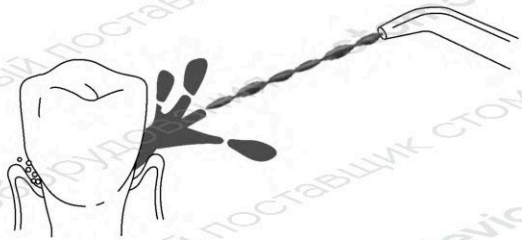
恭喜您选购h2ofloss口鼻冲洗器。

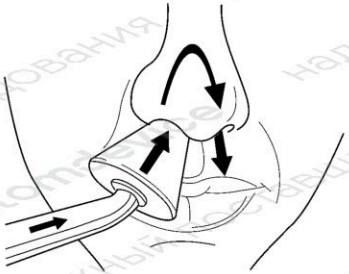
本产品采用了多种技术包括水压和脉冲。

使用本产品可有效清除深藏在牙缝中和牙龈下的食物残渣和有害细菌。

使用本产品也能有效清除鼻腔及鼻窦中的垃圾、有害病毒和过敏物质。

请仔细阅读本手册了解更详细的使用方法。





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安全事项

在使用电器产品时，特别是有儿童在场时，请务必采取下列基本的安全防范措施。

请在使用前阅读所有说明。

危险：

为降低触电危险，请注意以下事项：

- 用完后务必拔掉产品的电源插头。
- 切勿用湿手插拔插头。
- 切勿将产品放置或存放在可能掉落或被拉扯入浴盆、淋浴间或盥洗池的地方。
- 切勿在洗澡时使用。
- 切勿浸入水或其它液体中。
- 如果产品掉落到水中，请立即拔掉电源插头，切勿接触。
- 无论是首次使用本产品之前，还是在本产品的使用期间，应始终注意检查电源线是否已损坏。

警告：

为减少灼伤、触电、火灾、人体组织受伤或受损的危险，请注意以下事项：

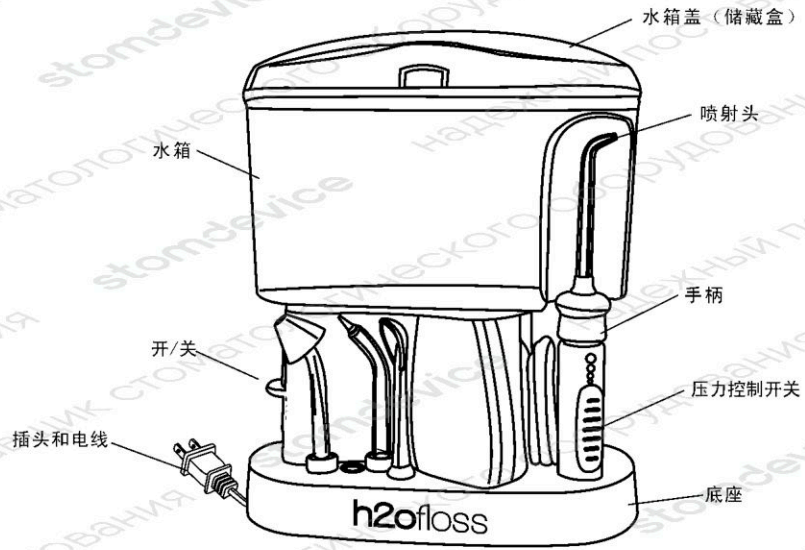
- 切勿在下述情况下使用本产品：电源线或插头损坏、产品工作不正常、产品被摔坏或落入任何液体中。此时，应将产品返还到授权的服务中心或本公司。
- 对儿童及有特殊需要的人员使用本产品，应予以密切指导和监督。
- 电线应远离受热表面。
- 切勿在使用氧气或气雾喷剂的区域使用本产品。
- 切勿在户外使用。

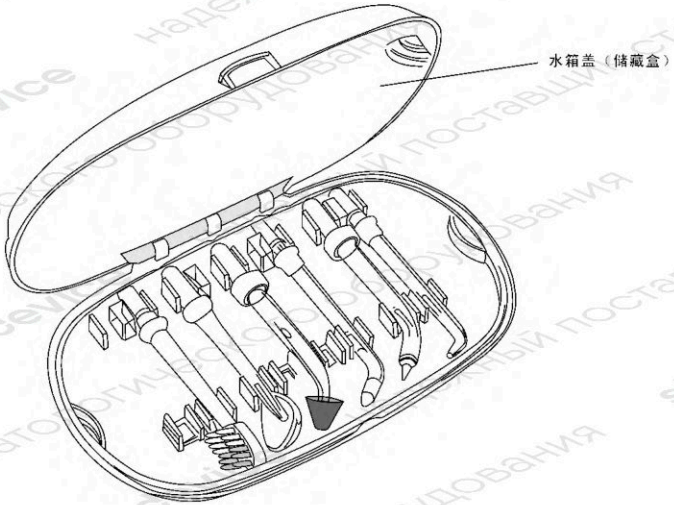
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使用本产品特别注意：

- 切勿将水注入舌下、耳朵、鼻子或其它的敏感部位。本产品产生的压力可能对这些部位造成严重伤害。请参阅“操作说明”来了解正确的使用方法。
- 只能按照上述说明或者专业牙医的建议来使用本产品。
- 每两小时之内使用本产品的时间不能超过8分钟。
- 只能使用本公司推荐的配件（包括喷射头、牙袋喷头、舌刮、冲刷两用喷头、洗鼻头、正畸专用喷头）。
- 切勿拆卸牙袋透明轴上的弹性胶头。如果该胶头因任何原因而松脱，请丢弃弹性胶头和透明轴，然后换上新的牙袋喷头。
- 水箱中只能注入水或者其它推荐的溶液。
- 切勿在任何开口或者软管中放入或插入异物。
- 使用时切勿佩戴任何牙饰。如果戴有牙饰，请在使用前摘掉。
- 如果舌头有外伤，切勿使用。
- 如果医师或心脏病专家建议您在牙疗前服用抗生素，应在使用本产品或其它任何口腔卫生辅助设备之前，向您的牙医咨询。

务必谨记上述说明


水箱盖（储藏盒）
喷射头
水箱
手柄
开/关
压力控制开关
插头和电线
底座
h2ofloss


水箱盖（储藏盒）


冲刷两用头
舌刮
水柱式洗鼻头
喷雾式洗鼻头
(选)
正畸专用喷头
牙周袋喷头
标准喷射头

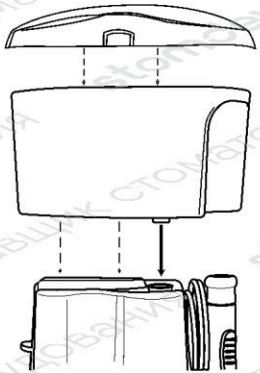
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如何使用

将电线插入插座中。如果插座由墙面开关控制，请确保墙面开关已打开。

准备水箱

取下水箱，在水箱中装满水。将水箱放到底座上，用力向下按，将水箱盖放在水箱上。



插入和取下喷头

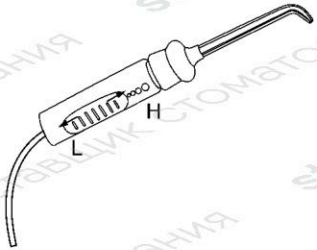
朝软管方向拉动手柄顶部的旋钮，然后将喷头插入旋钮中间。喷头固定好后，彩色圆环应与旋钮末端平齐。如需从手柄上取下喷头，朝软管方向拉动手柄顶部的旋钮，然后从手柄上取下喷头。



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调整压力设置

首次使用时，请将手柄上的压力控制开关滑到最低压力位置。然后再根据个人需要逐渐增大压力，或增大到专业牙医建议的压力。



放入口腔中

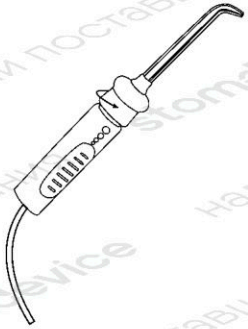
俯身到盥洗池上方，将喷射头放入口腔内。使喷嘴对准牙齿。

用另一只手将设备底座上的“开/关”开关拉到“开”位置。将压力设定为需要的值。



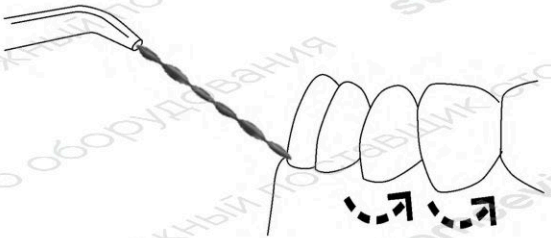
调整水流

通过转动手柄顶部的旋钮来控制水流方向。



推荐技术

让喷射水流同牙床线成 90 度角。闭上或半开嘴唇，以免水流溅射，要让口腔中的水自由流到盥洗池中（如同刷牙）。为达到最佳效果，请从臼齿部位（后牙）开始，朝着门牙方向清洗。 使喷射头沿着牙床线滑动，并在齿间做短暂停留。 直至牙龈周围及牙齿之间都请理干净为止。



完成后

关闭开关。倒掉水箱中残留的液体。拔掉电源插头。

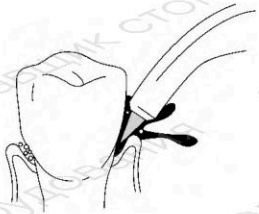
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专用喷头

牙周袋喷头

牙周袋喷头可以将水注入牙齿和难以触及的部位之间进行清洁。牙周袋喷头也可以将抗菌液送入牙周炎部位，请使用医生推荐的抗菌液。

使用牙周袋喷头时，请俯身到盥洗池上方，然后将软喷头抵到牙齿上并与之成 45 度角，接着轻轻将喷头放到牙床线下方的牙槽中。打开设备将压力设置调至最低，将喷头轻轻地放在牙缝上，然后顺着牙床线方向进行清洗。继续沿着牙床线移动。



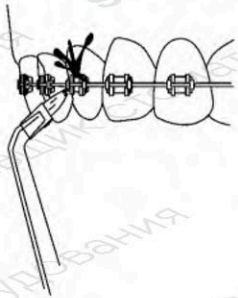
舌刮

俯身到盥洗池上方。将舌刮放在舌上，然后启动机器开关 – 首先请使用最低的压力，然后再根据舒适程度来增大压力。将舌刮轻轻地放在舌头后半部分的中间，然后轻轻抵着舌面向前拉。



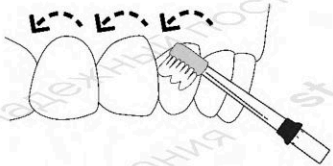
正畸专用喷头

正畸专用喷头对牙箍、牙套等周围难以触及部位进行擦拭和冲洗。
使用时，用正畸喷头清洗牙箍、牙箍与牙齿间隙，同时辅以喷射水流。



冲刷两用头

在刷牙的同时，让脉冲水流透过刷头清洗牙齿表面，并让水流带走污垢和残渣。

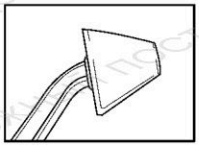
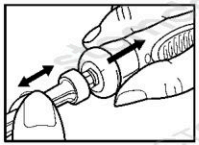


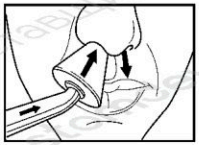
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鼻腔冲洗系统

特别提醒：

1、严重鼻病患者在使用冲鼻器前，请征询医生的意见。
2、如果两侧鼻腔完全堵塞，禁止使用。
3、儿童在家长监督指导下使用。
4、使用前请去除鼻首饰
5、不要过度用力，动作要轻柔。
6、不要过度用鼻药水。
7、过度干燥的空气和沙尘暴气候对你的鼻腔非常不利。夜间临睡前清洗鼻腔很有必要。
8、请勿使用除本公司产品外的其它附件。
9、请勿将本洗鼻装置用在人体其它部位。



步骤

1、把洗鼻喷头安装在h2ofloss口鼻冲洗器的喷水手柄上，并将喷水压力调至最低。
2、将温水倒入水箱内，用于洗鼻的水要加入适量的盐和小苏打粉。温水溶液配比为：1000 毫升的温水+7 克的精盐+3 克的小苏打粉。全部用10 克盐不用苏打粉也可以。使用盐水的目的是因为人体鼻腔中的溶液与盐水极其相似，使用盐水会使鼻腔感到舒服。

3、把手柄调节钮调至最低档，把洗鼻喷头向上，打开开关，让喷射水柱不高于喷头约1 英寸（25 毫米）。
4、关掉开关，把洗鼻头轻柔地堵住一侧鼻孔，低下头。同时把口张开，用嘴呼吸。初次使用的人比较适合用最低档，待习惯后可逐步增大档位，直至最大档。
5、打开开关，盐溶液进入一侧鼻孔，并从另一侧鼻孔中流出来。
6、冲鼻时不要做吞咽动作，直至流出干净的液体。
7、水箱中的水大约剩一半时，把档位拉下到最低，将洗鼻头轻柔地堵住另一侧鼻孔，重复做一遍，冲洗干净。
8、将水压调到最大，用清水除去机器内部的盐渍。
9、洗鼻后将头侧向一边，同时鼻孔呼气，然后将头侧向另一边，做同样动作。然后弯腰将头倒向下，再呼气。这样做的目的是让残留在鼻孔内的洗鼻溶液流出。因为鼻孔内的结构十分复杂，洗鼻后会有溶液残留在鼻腔内。洗鼻后的几个小时内若有溶液流出，属正常现象，无需担心。

好 处：

1、脉冲式的冲洗可非常有效地去除鼻腔内的黏液和分泌物，对清除感冒病毒和各种过敏症有和很好的作用。对流鼻涕和鼻窦炎也有很好的作用。
2、鼻腔冲洗还可以促使鼻毛恢复正常。
3、鼻腔冲洗可以让烟酒过多人士保持呼吸道通畅。

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需要清洗时，用软布和中性的无磨损清洁剂来清洗本产品。清洗前，请将插头从电源插座中拔出。

取下水箱，然后运行机器，直到其中没有任何残留物。此后，再将其放到冷藏环境中。

用户不能自行对本产品的任何电气元件进行维修，也无需进行任何例行保养维护。本产品的维修工作只能由本公司或授权服务中心来完成。备换的喷射头/附件可咨询当地代理商，或直接联系本公司。

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故障排除

问题	原因	解决办法
在喷头和手柄旋钮之间发生泄漏。	喷头没有完全咬合。	取下喷头，然后重新装上。
牙周袋喷头软胶头开裂。	喷头磨损严重。	更换新的喷头。
底座同手柄相连的软管发生泄漏。	软管损坏。	与本公司或代理商联系，更换软管
水箱泄漏。	没有安装贮水箱阀门，或者水箱阀门装反了（正面朝下）。	装上水箱阀门，将阀门正面朝上。
压力不够。	水箱的安装位置不当。	重新安放水箱，然后用力按压水箱。
设备无法启动。	电机不运转。	确保出口能够正常工作；用其它设备来测试（检查电气复位按钮和/或墙面开关）。

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本保证不包括：人为损坏，滥用、误用造成的产品不能正常使用。本保证也不包括喷头、刷头等附件和消耗件的更换。
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