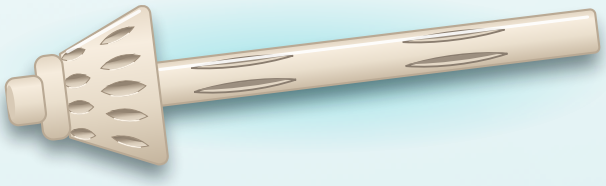
Airwaystents

READ BEFORE FIRST USE

Instructions for Use & Care

Never put anything in your nose before? Most people haven't. Go slow and you'll get the hang of it in a few tries.



BEFORE YOU START

Before You Start

In the box
2 stents, one for each nostril, and this guide.

THE 3 GOLDEN RULES · EVERY TIME

1. **Straight back, not up**
   Slide it toward your ear, keeping it level.
2. **Never force it**
   If it doesn't slide in easily, take it out and try a little lower.
3. **It should feel comfortable**
   If it doesn't, it's usually pointed up.

Nervous? Totally normal. Go slowly. You can always stop and try again later.

YOUR FIRST TIME · STEPS 1–3

Your First Time: Start Slow

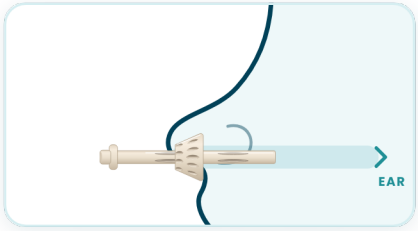
9 quick steps, from putting them in to taking them out.



1. **Wash them first**
   Rinse in warm water with mild, fragrance-free soap, then let them dry.
2. **Pick your open side**
   Push the tip of your nose up and look in a mirror.

   Most people have one side a little bigger. Start there.
3. **New? Start with the 1.5"**
   It sits at the front of the nose, so it's the easiest to get used to.

EASE IT IN · STEPS 4–5



basket slid partway · shorter to start

4. **Slide the basket back a bit**
   Slide the basket about a third of the way toward the tip, so only a short piece goes in first.

   The basket slides along the stent, so you can start with a shorter piece and work your way in.
5. **Ease the short piece in**
   Hold it at your nostril and slide it straight back toward your ear, keeping it level. Not up.

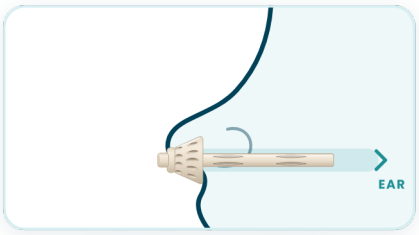
   Sit with it for a minute. It should feel comfortable. If it doesn't, it's usually pointed up.

EASE IT IN · STEPS 6–7

6 Push in a little more

Hold the basket at your nostril and gently push the stent in a little more.

> Never force it. If it doesn't slide in easily, take it out and try a little lower. Stop any time. Every try makes the next one easier.



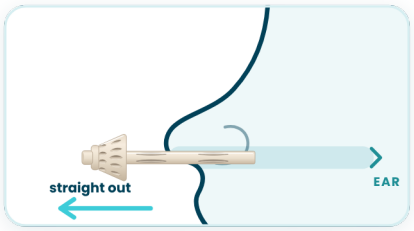
basket at the nostril · full length

7 All the way in

When you're comfortable, slide it all the way until the basket sits at your nostril opening.

> The retainer holds it in place. Next time, you can slide it straight in until the basket sits at the opening.

TAKING IT OUT · STEPS 8–9



hold the basket · draw it straight out

8 Hold the basket, draw it out

Hold the basket between your fingers and gently draw the stent straight out.

9 Wash it, let it dry

Wash it and let it dry before you store it.

You did it.
Every try after this gets easier.

AFTER EVERY USE

Cleaning & Care

A quick wash after each use keeps them fresh for 30 days.

✓ Do

Wash
Warm water and mild, fragrance-free soap.

Dry completely
Before you store them or wear them again.

Up to 30 days
Each stent lasts up to 30 days.

Just for you
For personal use only. Don't share your stents.

✕ Don't

- ✕ Wire brushes or abrasives
- ✕ Harsh cleaners or chemicals
- ✕ Bleach, disinfectants or solvents
- ✕ Dishwasher, microwave, oven or freezer
- ✕ Wearing one that isn't clean and dry

YOUR FIRST WEEK

Getting Used to Them

Expect a short adjustment period. Build up like this:

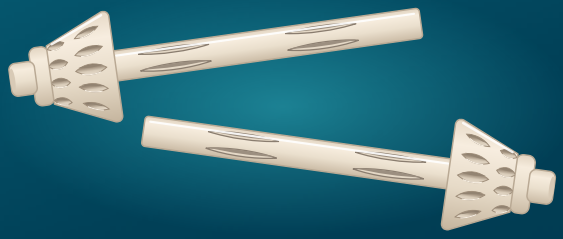
START	**1–2 hrs**	during the day to start
THEN	**~6 hrs**	build up gradually
GOAL	**Up to 10 hrs**	then wear them overnight

You can wear one stent, or a different length in each nostril.

Got it in, felt it, and want a break? Take it out and try again later. Every try makes the next one easier.

WHY AIRWAYSTENTS

The Upgrade from Nasal Strips



Includes 2 stents · one for each nostril

- Nothing on your face
- Reusable 30 days
- Patented
- Made in the USA

KEEP GOING

Love Them? Keep Going

Running low?

Each stent lasts up to 30 days.

Reorder at airwaystents.com

Ready for more support?

The 2″ and 2.75″ are longer and support the full length of the nasal passage.

2″ **2.75″**

Loving them?

Leave a review at airwaystents.com or tag **@airwaystents** on Instagram.

GOOD TO KNOW

Safety & Intended Use

What they're for

Airwaystents are intended for adult intranasal use to help maintain nasal airflow, and may help reduce snoring associated with restricted nasal airflow during sleep. Use only as directed.

Fit & comfort

Use only a size that fits comfortably and securely. Don't cut, bend or otherwise alter the stent, and don't use it if it can't be positioned comfortably. Stop using it if discomfort continues.

Check with a professional first

Talk to a healthcare professional first if you have an existing nasal condition, have recently had nasal surgery, get recurrent nosebleeds or have significant nasal obstruction. Insertion can be harder with a deviated septum, nasal polyps or a past nasal fracture.

Airwaystents are not intended to diagnose, treat, cure, or prevent obstructive sleep apnea or any other medical condition. If you think you may have sleep apnea, see a qualified healthcare professional.

Medical-grade TPE

Airwaystents

Questions? We're here.

Email **info@airwaystents.com**
or DM **@airwaystents** on Instagram

airwaystents.com

Scan for the how-to video and step-by-step guide.

Airwaystents Inc. · Phoenix, Arizona
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