

# Consumer Information

## FLO® Post Operative

### What is FLO® Post Operative?

FLO® Sinus Care consists of a powder made up of Sodium Chloride, Sodium Bicarbonate, Potassium Chloride, Calcium lactate pentahydrate and Glucose anhydrous. These may be called 'salts'. The concentration of these 'salts' when dissolved in 200mL of lukewarm pre-boiled water is such that it very closely resembles the content of a body fluid which normally bathes the outside of the cells of the body. This fluid is called "Extracellular fluid". Extracellular fluid contains ions and sugar which are required for the normal functioning of delicate nasal tissue.

### Why use FLO® Post Operative?

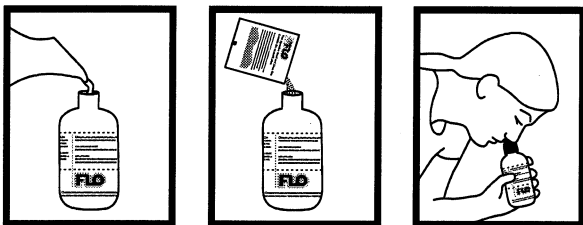
This reconstituted fluid mimics the body's own extracellular fluid in its composition and as a result

- Has been shown to be superior to isotonic saline solutions in post operative patients
- Is more gentle on nasal tissues than hypertonic (more concentrated) saline solutions which have been shown to sting and to change tissue structure
- May be used in pregnancy
- Will not sting or burn
- May be used with other medications

### How do I use FLO® Post Operative?

FLO® Post Operative must only be used together with the bottle, tube and cap enclosed in this kit and in the way in which it is directed.

- Always use lukewarm pre-boiled water. The water should be boiled for 3-4 minutes and then stored in a clean container in the refrigerator.
- It is best to rinse the storage container with boiled water prior to filling. You must discard any unused water after 2 days of storage.
- Firstly, fill the soft squeeze bottle up to the 200mL mark with pre-boiled water. The fill mark is clearly marked by the line on the bottle. The water may be warmed in the microwave before use. This should be done in 5 second bursts to ensure the water does not become too hot.
- Cut or tear open a sachet of FLO® powder. Fold out sachet into a funnel shape using the guide lines marked, then empty the entire contents into the bottle filled with water.
- Screw the cap and dip tube onto the bottle.
- Shake gently until all the powder has dissolved



Your mixture is now ready for use.

- Standing next to a basin, bend as far forward as is comfortable and tilt your head down.
- Whilst breathing through your mouth, insert the cap firmly into one nostril, squeeze the bottle steadily and gently until the solution drains from the opposite nostril or from the mouth. Try not to swallow the solution. (No harmful effects if swallowed)

**NOTE:** Whenever the soft squeeze bottle needs to 'breathe' i.e. fill with air, remove it from the nose before you release your hand pressure. This prevents 'suck back' and helps to keep the remaining solution clean.

- Repeat until about half of the solution has been inserted into the one nostril. There is a 100mL half fill line indicated on the bottle for your reference.
- Repeat the procedure on the other nostril.
- Gently blow your nose to clear any remaining fluid and mucus.

**NOTE:** If you have recently had nasal or sinus surgery, do not blow your nose before checking with your doctor.

Any remaining solution in the bottle should be discarded. Fresh solution must be made for each treatment.

### How often do I need to use FLO® Post Operative?

Treatments should be used as often and for as long as directed by your healthcare professional to ensure best results. There are no adverse effects from using FLO® Post Operative as often and for as long as it is needed..

### What side effects can I expect?

- Earache - may be experienced if applying too much pressure when squeezing the bottle. If this occurs, try to apply less pressure. If the earache persists, contact your doctor.

### Can I use FLO® Post Operative while pregnant or breast feeding?

FLO® Post Operative may be used during pregnancy or whilst breast feeding.

### Does FLO® Post Operative interact with other medications?

FLO® Post Operative may be used whilst taking any other medication.

### How often do I need to clean the bottle, cap and tube?

- Post Operative use - clean after each use to ensure all components are clean.
- All other uses - clean as often as required or when the components become dirty or contaminated. If cleaning is not necessary, always air dry components on a clean paper towel after use.

### How do I clean the bottle, cap and tube?

- Soaking in boiling water - separate the components and place in a hard plastic or ceramic bowl. Pour boiling water into the bottle and over the cap and tube and allow all to soak for at least 10 minutes. Once cool, lay components out to dry on a clean paper towel.  
**Caution:** Take care with boiling water to avoid burns.
- 70% isopropyl alcohol - this can be purchased from your local pharmacy. Using a bottle brush, thoroughly wash all components with 70% isopropyl alcohol. Rinse all components thoroughly with lots of previously boiled water before use. If not being used immediately, lay components out to dry on a clean paper towel.  
**Note:** Do not attempt to sterilise the components using any other method, as the plastics may melt or become altered.

### How FLO® Post Operative is packaged

FLO® Post Operative is presented in the following packs

- Bottle and 70 sachets(also called FLO® Post Operative)
- Bottle and 12 sachets( FLO® Sinus Care)
- Pack of 20 refill sachets (FLO® Sinus Care)

**Do not use after expiry date marked on sachet or outer carton**

**Do not use if the sachets have been damaged in any way.**

**Please read reverse side for information on product availability**



## POST OPERATIVE

### Do Not Substitute

Always use the solution recommended by your doctor. Alternative douching solutions may not work as well as FLO® Post Operative.

FLO® Post Operative has been specifically formulated to closely mimic the body's own extracellular fluid, so it is natural and gentle on nasal tissues.

Clinical studies have shown it is superior to isotonic saline solutions and will not sting, as hypertonic solutions are prone to do. You can use FLO® Post Operative with confidence.

### Where to get FLO® Post Operative

FLO® Post Operative is available from all leading retail pharmacies in Australia. If not immediately available, please ask your pharmacist to order it in for you.

Alternatively, call ENT Technologies Pty Ltd on Toll Free 1300-857-912 to locate your nearest stockist.

### FLO® packs available

- Bottle and 70 sachets (FLO® Post Operative)
- Bottle and 12 sachets (FLO® Sinus Care)
- Refill pack containing 20 sachets (FLO® Sinus Care)

### When to use FLO® Post Operative

- Allergic Rhinitis (Hayfever) to wash away pollens and cleanse nasal and sinus tissues
- Acute Sinusitis to help the body remove infected mucus from the sinus cavities
- Post operatively to cleanse mucus and dry blood from the nose and sinuses and help the healing process
- Chronic Rhinosinusitis to remove excess mucus and bacteria from the sinus cavities

### For more information

If you need more information or have any questions, contact:

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