Airwaystents

Instructions for Use & Care

Reusable nasal stents that sit inside your nose, not on it.
Includes 2 stents · one for each nostril.



STEP 0

Before you start

Wash them first
Rinse your stents in warm water with mild, fragrance-free soap, then let them dry.

Pick your open side
Gently push the tip of your nose up and look in a mirror. Most people have one nostril that looks a little bigger. **Start on that side.**

New to Airwaystents?
Start with the **1.5″**. It sits at the front of the nose and is the easiest way to get used to how a stent feels.

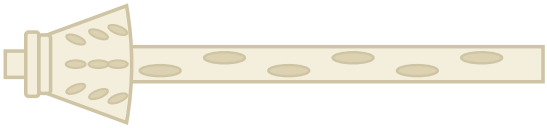
In the box
2 stents, one for each nostril, and this guide.

Nervous? Totally normal. Nearly everyone is the first time. Go slowly, and you can always stop and try again later.

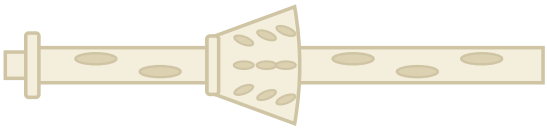
FIRST TIME

Start slow: the easy way in

The basket slides along the stent. Use that to start with a shorter piece and work your way in.



basket at the end · full length



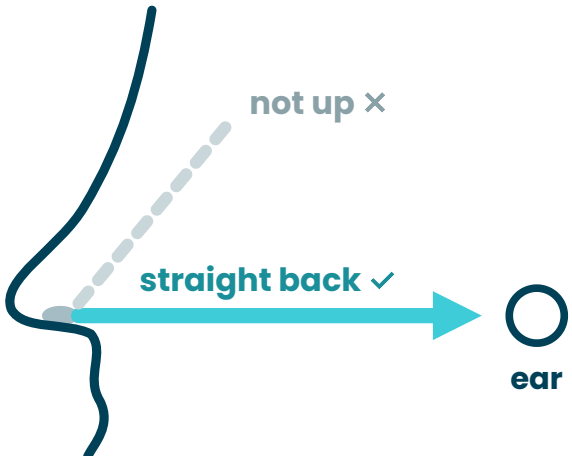
basket slid partway · shorter to start

1. **Slide the basket partway along the stent**, about a third of the way toward the tip. Now only a short piece goes in first.
2. **Ease that short piece into your nostril**, aiming straight back toward your ear. Sit with it for a minute and get used to the feel.
3. **Hold the basket at your nostril and gently push the stent in a little more.** Go at your own pace. Stop any time it feels like too much.
4. When you're comfortable, slide it the rest of the way until the basket sits at your nostril opening.

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

EVERY TIME

How to insert



1. **Hold the stent at your nostril.**
2. **Slide it in straight back toward your ear**, keeping it level. Not up.
3. **Stop when the basket sits at the nostril opening.** The retainer holds it in place.
4. **Never force it.** If it doesn't slide in easily, take it out and try again a little lower.

It should feel comfortable. Pointing it upward is the most common reason it feels wrong.

Taking it out

Hold the basket and gently draw the stent straight out.

YOUR FIRST WEEK

Getting used to them

There's a short adjustment period when you first use them.

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

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

AFTER EVERY USE

Cleaning & care

- ✓ Wash with warm water and mild, fragrance-free soap.
- ✓ Let it dry completely before storing or wearing again.
- ✓ Each stent lasts up to **30 days**.
- ✓ For personal use only. Don't share your stents.

Don't use wire brushes, abrasives, harsh cleaners, bleach, disinfectants, solvents or other chemicals. Don't put stents in a dishwasher, microwave, oven or freezer. Don't wear a stent that hasn't been properly cleaned and dried.

GOOD TO KNOW

Safety & intended use

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.

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.

Talk to a healthcare professional before use 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.

Material: medical-grade thermoplastic elastomer (TPE).