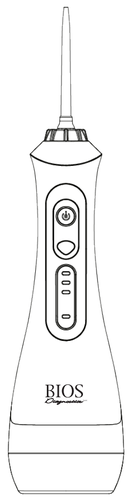
Project Type IB **UPC (For Reference Only)** 0 57475 53100 3	Date: April 23 2024 Customer: Thermor Ltd Job Number: TH7625 Item Number: 100OC Designer: Samantha Holman	Rev: A	**Contact:** Graphic's Department graphics@thermor-ins.com
Reason For Project: New Item: **X** New Branding: Design Update: N/A:	Artwork is not to be amended or scaled. If any changes are required please send through Thermor office with instructions, and we will amend here and resend artwork through. **PLEASE RETURN WITH SIGNATURE**		**Colour Breakdown** C M Y K DIELINE

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BIOS Diagnostics

Water Flosser Oral & Nasal Attachments



Instruction Manual
Model: 100OC
05/06/2024

Water Flosser Oral & Nasal Attachments

2-in-1! The BIOS Diagnostics™ Water Flosser combines both oral and nasal care into one user-friendly device! Efficiently clean away food particles, bacteria, and plaque buildup in your mouth. Easily rinse nasal passages to help with symptoms of allergies, sinusitis, and colds.

Water Flosser Instruction Manual
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1. Introduction

Thank you for purchasing the BIOS Diagnostics™ Water Flosser. This device has been developed to be a user-friendly 2-in-1 device combining both oral and nasal care! Efficiently clean away food particles, bacteria, and plaque buildup in your mouth. Easily rinse nasal passages to help with symptoms of allergies, sinusitis, and colds. Before using this device, carefully read this manual for setup, configuration, use, troubleshooting, and maintenance of the device.

Indications for Use:
The BIOS Diagnostics™ Water Flosser is intended for dental cleaning, including that of braces and implants, in adult users. Across 3 mode settings, using a stream of water, it removes food residue and buildup.

1.1 Features
- 3 mode settings
  - DIY – Customize the water pressure to your liking (30-120 PSI)
  - Daily – Continuous water spray for the daily user (80-160 PSI)
  - Pulse – Pulsating water stream for deep cleaning and massaging gums (30-120 PSI)

- Long battery life (up to 20 uses)
- Smart memory function – Automatically returns to the last used mode setting when turned on
- 200 ml capacity

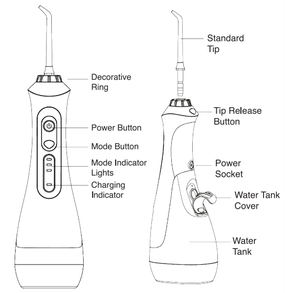
1.2 General Warnings & Cautions
- Intended for use on individuals over the age of 16.
- When unattended, children, or those with reduced physical, sensory, or mental capabilities should not use this device. It is required that the user be able to read, comprehend, and apply the information/hazards outlined in this manual.
- If you have had any form of oral surgery within the last 2 months, consult with your dentist before using this device.
- **DO NOT** use this device for any purposes other than oral or nasal cleaning. Accidents or injuries may occur if used incorrectly.
- **DO NOT** share tips with anyone. This may cause infection or inflammation.
- **DO NOT** fill the tank with water that is 40°C (104°F) or higher. This may cause burns.
- Supervise children to ensure that they do not play with the device. A child without supervision should not use, clean, or maintain the product.
- **DO NOT** use the charger outdoors, or near heated surfaces.
- **DO NOT** place the device or its accessories in the dishwasher.
- Stop using the device immediately, and consult your doctor if you experience any pain or discomfort.
- **DO NOT** exceed the rating of the domestic power socket or wiring when charging.
- To ensure electromagnetic compatibility (EMC) protective measures are taken, if you have a pacemaker, or other similar device, please consult with your healthcare professional before using this device.

1.3 Nasal Irrigation Specific Warnings & Cautions

This product should NOT be used if the user has any of the following:
- Patients with severe rhinopathy should consult a doctor or healthcare professional before using the nasal irrigator.
- **DO NOT** use if both nasal cavities are completely blocked.
- Not for use by children under the age of 16, unless under the guidance of a healthcare professional.
- If a nosebleed occurs, or if you experience severe ear discomfort after use, consult a healthcare professional before continued usage.
- **DO NOT** use if you have otitis media (middle ear infection), or other ear maladies. Wait for the condition to resolve before use.
- Nasal irrigation is not recommended for those with large area nasal trauma.
- Consult a healthcare professional before use if you have had ear or nose surgery in the past 6 months.

2. Getting Started

2.1 About the Water Flosser



3. Initial Set Up

3.1 List of Components
- Water Flosser
- 2x Standard Tips
- 1x Tongue Scraper Tip
- 1x Periodontal Sprinkler Tip
- 1x Orthodontic Tip
- 1x Nasal Tip
- USB Charging Cable

3.2 Charging the Battery
- Remove the USB cable from the packaging and connect it to a power adaptor brick (not included), or a power port.
- Connect the cable to the charging port on the back of the Water Flosser.
- The indicator on the front of the device will remain red while connected to a power source, and charging.

- The indicator light will turn green once the battery is fully charged.

NOTE: If the battery indicator light is red during or after irrigation, this means that the battery level is low and requires charging.
NOTE: From drained to full, a complete charge cycle takes approximately 5-6 hours.
NOTE: When the battery is full, the device will cut the charging connection to avoid overcharging the battery.

Battery Maintenance
- The battery life of the unit is directly related to correct usage. Excessive use will damage the battery structure over a long period of time.
- When the device is not intended to be used for a prolonged period of time, the battery should be left in a state of partial charge.
- Complete a charging cycle for lithium batteries every month.

4. Using the Device (Oral Irrigation)

4.1 Selecting the Right Tip
This unit comes with 4 oral tip options. Use the following information to determine the best tip for your situation.

Standard Tip: The standard tip is ideal for everyday oral deep cleaning. Not only does it help to clean between the teeth, it also reaches below the gumline to improve your overall oral health. Starting at the back of your mouth, holding the tip slightly away from the tooth, follow the gumline forwards at a 90-degree angle.

Periodontal Sprinkler Tip: The periodontal sprinkler tip is designed for use with water or anti-bacterial solution (as outlined by your dental professional). It cleans deep into the periodontal pockets. It is recommended when using this tip, to have the pressure setting on the lowest mode. The tip should be placed against the tooth on a 45-degree angle pointed towards the gumline.

Orthodontic Tip: The orthodontic tip is recommended for those with braces, dentures, or other orthodontic appliances. The brush helps to remove plaque and food debris. Slide the brush tip along the gumline, while periodically stopping to lightly brush around the orthodontic appliance as needed.

Tongue Scraper Tip: The tongue scraper tip helps to remove bacteria that causes bad breath.It is recommended when using this tip, to have the pressure setting on the lowest mode (adjust as required). With the device off, the tip should be placed in the middle of the tongue. Turn the device on, and slowly pull the tip toward the front of your mouth. Use light to moderate pressure. Repeat this motion until all areas of the tongue have been cleaned.

4.2 Installing the Oral Tips
Once you have selected the tip you want to use, follow the below instructions to install it onto the device.
- If required, remove any tip currently on the device by pressing and holding down the Tip Release Button while pulling upwards on the installed tip.
- With the tip you want to install, hold it vertically, and push it into the top of the device until it locks into place.

See **Figure 1** on the next page for illustrations on installing and removing oral tips.

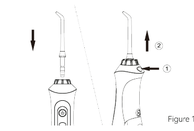


Figure 1

4.3 Selecting the Right Mode
This device includes 3 mode settings to choose from. Use the information listed below, and specified in section **4.1 Selecting the Right Tip** to determine which mode is best suited for your use. Each time you press the mode button, it will transition to a new setting.

DIY Mode: This mode allows you to customize the water pressure to your specific needs. Pressure can be adjusted between 30-120 PSI. In DIY mode, press and hold the power button to adjust the pressure. When the desired pressure is reached, release the power button.

Daily Mode: This mode provides a continuous stream of water, with a pressure ideal for removing plaque and food buildup daily.

Pulse Mode: This mode shoots out a pulsating stream of water. The water pulses 3 times per second. This mode is ideal for occasional deep cleaning and gum massaging.

NOTE: All modes will automatically remain on for 2 minutes before shutting off.
NOTE: For first time users, it is recommended that you use the device on the lowest pressure setting for the first week for acclimation. Increase to alternative pressures/modes as you are more comfortable with the device.

4.4 Using the Water Flosser for Oral Irrigation
After determining the correct mode, and installing the tip for your usage (as outlined in the above sections), follow the below instructions on how to use the water flosser for oral irrigation.

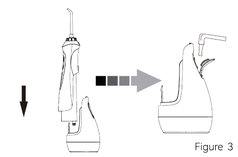
1) Fill the water tank with approximately 200 ml of water. Ensure that the temperature of the water does not exceed 40°C (104°F).

There are two ways to fill the water tank.

a) Open the water tank cover and hold it backwards while filling the tank on an angle. (**Figure 2**)

Figure 2

b) Alternatively, you can disconnect the water tank from the water flosser completely, and fill it this way. (**Figure 3**)


Figure 3

Reconnect the water tank by lining up the lower water tank, and upper water flosser device. Press the water tank upwards into the device until both parts are securely attached. Be careful to align the filter with its housing in the water tank before applying force.

NOTE: To detach the water tank from the upper water flosser, hold the upper unit with one hand, and hold the water tank with the other hand using a firm grip. Pull downwards until the tank disconnects from the upper device.

2) Select the mode using the information provided in section **4.3 Selecting the Right Mode.** Set the device to the chosen mode by pressing the Mode Button as many times as needed, until the corresponding LED light illuminates next to the correct setting.

3) Prepare for oral irrigation by placing the tip of the water flosser into your mouth, pointed towards the tooth or gum area you wish to start cleaning. Keep mouth slightly open so that the excess water can easily flow out of your mouth. (**Figure 4**)

Figure 4

NOTE: Situate yourself over a sink or washbasin to easily catch the water as it leaves your mouth. Your head/neck should be bent slightly forward, to keep the water flosser as vertical as possible.

4) When you are ready to begin, press the Power Button to start the flow of water. Adjust the mode as needed.

During cleaning keep the following in mind:
- Align the tips so they are perpendicular (at a 90-degree angle) with the gumline.
- Move slowly along the teeth/gumline in order to clean them in sequence.
- Clean teeth, trays, crowns, dentures, brackets, etc. thoroughly.

Tips:
- **DO NOT** spray water directly down the periodontal pouch.
- After use, please press the power button to turn off the water flosser.
- This device has an automatic 2 minute built-in timer function. After two minutes the device will power down. If you are not done cleaning, simply turn the power back on and continue use.
- The water flosser has a mode memory built in. It will return to the last used mode setting when turned back on.

5) Once finished, make sure to drain any remaining water from the water tank. Rinse, and wipe the device down with a dry cloth (see section **6. Cleaning & Disinfecting** for complete instructions).

NOTE: To prevent bacteria from spreading, ensure that there is no water left in the device.
NOTE: If you do not plan on using the irrigator for a prolonged period of time, make sure to rinse thoroughly, and dry the unit completely before storing.

5. Using the Device (Nasal Irrigation)

5.1 Installing the Nasal Tip
This unit comes with 1 nasal tip option. Use this tip to conveniently rinse nasal passages as needed. Similar to the oral tips, the nasal tip is installed using the same format.
- With the tip you want to install, hold it vertically, and push it into the top of the device until it locks into place.
- To remove the tip, press and hold down the Tip Release Button while pulling upwards on the installed tip.

See **Figure 1** below for illustrations on installing and removing the nasal tip.

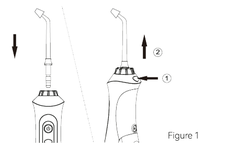


Figure 1

5.2 Preparing the Saline Solution
Nasal irrigation should always be done using a saline solution. Saline solution for nasal rinses/irrigation can be purchased at your local pharmacy, or can be prepared at home following the below instructions. Saline rinses aid in keeping the nasal passages clear by washing away thick/dried mucus. It can help relieve symptoms caused by allergies, sinusitis, and common colds. It is common to experience a slight burning sensation in your nose the first few times a saline nasal rinse is performed; this will lessen within a few days.*

To make your own saline solution add **1 tsp** of non-iodized salt, and 1 tsp of baking soda to **2 C** of distilled, or boiled and cooled water. *

tsp = teaspoon C = Cup

NOTE: Ensure that if you are boiling water that it has cooled to room temperature before use!

Alberta Health Services. (2023, August 16). Saline Nasal Washe: Care Instructions. Government of Alberta. https://myhealth.alberta.ca/health/AfterCareInformation/pages/condi- tions.aspx?HwId=ut2498

5.3 Selecting the Right Mode
This device includes 3 mode settings to choose from. Use the information listed below to determine which mode is best suited for your use. Each time you press the mode button, it will transition to a new setting.

DIY Mode: This mode allows you to customize the water pressure to your specific needs. Pressure can be adjusted between 30-120 PSI. In DIY mode, press and hold the power button to adjust the pressure. When the desired pressure is reached, release the power button.
Lower PSI Settings: Provide gentle pressure for cleaning the nasal cavity.
Medium to High PSI Settings: Are recommended for those who have extended experience using a nasal irrigator as it enables deep cleaning up to the posterior nasal cavity.

Daily Mode: This mode provides a continuous stream of water, with a pressure ideal for daily cleaning of the nasal cavity.

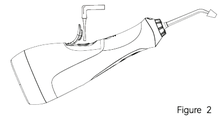
Pulse Mode: This mode shoots out a pulsating stream of water. The water pulses 3 times per second. This mode is ideal for receiving varied pressure to clean the nasal cavity.

NOTE: All modes will automatically remain on for 2 minutes before shutting off.
NOTE: For first time users, it is recommended that you use the device on the lowest pressure setting for the first week for acclimation. Increase to alternative pressures/modes as you are more comfortable with the device.

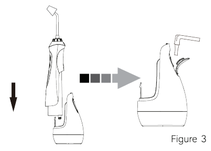
5.4 Using the Water Flosser for Nasal Irrigation
After determining the correct mode, installing the nasal tip, and preparing the saline solution (as outlined in the above sections), follow the below instructions on how to use the water flosser for nasal irrigation.

1) Fill the water tank with approximately 200 ml of saline solution. Ensure that the temperature of the solution does not exceed 40°C (104°F).

There are two ways to fill the water tank.
a) Open the water tank cover and hold it backwards while filling the tank on an angle. (**Figure 2**)


Figure 2

b) Alternatively, you can disconnect the water tank from the water flosser completely, and fill it this way. (**Figure 3**)


Figure 3

Reconnect the water tank by lining up the lower water tank, and upper water flosser device. Press the water tank upwards into the device until both parts are securely attached. Be careful to align the filter with its housing in the water tank before applying force.

NOTE: To detach the water tank from the upper water flosser, hold the upper unit with one hand, and hold the water tank with the other hand using a firm grip. Pull downwards until the tank disconnects from the upper device.

2) Select the mode using the information provided in **5.3 Selecting the Right Mode.** Set the device to the chosen mode by pressing the Mode Button as many times as needed, until the corresponding LED light illuminates next to the correct setting.

3) Ensuring that you are over a sink or washbasin. Hold the device upright, and position the nasal tip pointing towards your nose.

4) Start the nasal rinse.
Tilt your head downwards and place the nasal tip into your nostril open your mouth for breathing. If both nostrils are clear/unobstructed, you can slowly align the tip higher into the nostril, so that it creates a block/plug that fills the entire nasal passageways with the saline solution. The solution should be able to flow out of the opposite nostril, or your mouth.

If one or both nostrils are blocked/obstructed, do not fully block/plug the nostril with the nasal tip. Start by using a low water flow, and allow it to flush the single nostril. Water should enter and exit the same nostril. If the passage opens up, attempt a firmer plug to see if the water can easily flow out of the opposite nostril or mouth.Remember to adjust the water flow to your personal preference throughout the nasal rinse.



NOTE: DO NOT use if both nasal cavities are completely blocked, if nasal cavity cannot easily be cleared (water is not able to flow out of either the opposite nostril, or mouth), or you feel pressure in your nose or middle ear, stop use until the nasal passages have started to clear.

5) After completing the irrigation, simply press the power button to turn off the device.

NOTE: DO NOT blow your nose for 5 minutes after use. Use a tissue to gently squeeze the water out of the nasal cavity. Blowing your nose can increase the pressure on your ears, and cause discomfort.

6) Refill and repeat as necessary.

DO NOT use for more than 8 minutes each time.

7) Once finished, make sure to drain any remaining saline solution from the water tank, rinse, and wipe the device down with a dry cloth. (See section **6. Cleaning & Disinfecting** for complete instructions).

NOTE: To prevent bacteria from spreading, ensure that there is no saline solution left in the device.
NOTE: If you do not plan on using the irrigator for a prolonged period of time, make sure to rinse thoroughly, and dry the unit completely before storing.

6. Cleaning & Disinfecting

It is important to clean the device after each irrigation for your personal health, and the health of the device. Follow the steps below to clean the device.

Daily Maintenance (after each use):
Oral Irrigation:
- Open the water tank, and pour out any leftover water.
- Press the power button to allow any water remaining in the device pump and tip to be expelled.
- Remove any tip(s) used, and rinse thoroughly.
- Wipe down the external of the device and all accessories with a soft dry cloth.

NOTE: To avoid the possible spread of bacteria, make sure there is no residual water in the tank or unit before putting away for storage.

Nasal Irrigation:
- Open the water tank, and pour out any leftover saline solution.
- Rinse, then fill the water tank with 100 ml of clean warm water.
- Press the power button to allow the fresh water to flow through the device, and the nasal tip until it is completely gone.
- Remove tip used, and rinse the outside thoroughly.
- Wipe down the external of the device and all accessories with a soft dry cloth.

NOTE: Clean water rinsing is used to avoid corrosion caused by residual saline solution in the system.

Full Cleaning Cycle (every 3-6 months, or as desired):
- Using warm water (not exceeding 40°C/104°F), or a neutral detergent (optional) wash the tips and water tank thoroughly.
- Rinse with clean warm water to ensure any detergent used is washed off the device parts.
- Allow all parts to air dry before storing away for the next use.

NOTE: DO NOT submerge the main unit with pump in water. Clean the external body with a damp cloth, and wipe dry immediately.
NOTE: DO NOT use corrosive or abrasive detergent.
NOTE: DO NOT use hot water above 40°C/104°F, to avoid damaging the product.

7. Troubleshooting

Problem	Possible Cause	Solution
Unable to discharge water/saline solution, or insufficient water pressure.	Insufficient power or clogged tip.	Ensure that the device is fully charged, and that the tip has been thoroughly cleaned. If issue persists, replace tip with an alternative.
Device failed to start.	The battery's charge is insufficient, or the motor is not working.	Charge the battery and try again. If the issue persists contact Thermor Ltd. customer service.
Device only powers on for a short amount of time after a full charge.	The battery has reached the end of its lifecycle.	Contact Thermor Ltd. customer service, a replacement will be provided if this is within the product warranty window.
Tip is cracked.	The nozzle is worn out.	Please replace with one of the other provided tips.

8. Technical Specifications

Maximum Water Pressure	160 PSI
Sound Level	≤70 dB
Maximum Water Tank Capacity	200 ml
Maximum Water Temperature	40°C (104°F)
Input Voltage	5V
Input Power	2W
Power/Battery Type	1500mAh, Li-ion battery, DC cable
Charging Time	6 hours
Usage Time	20 times, 2 minutes/time
Operating Environment	5°C to 40°C Up to 90% RH maximum
Storage/Transportation Environment	-30°C to 60°C Up to 90% RH maximum

Product Size	73 x 83 x 289 mm
Product Weight	315 g
Waterproof Level	IPX7
Reference to Standards	EN IEC 55014-1:2021 EN IEC 55014-2:2021 EN IEC 61000-3-2:2019+A1:2021 EN IEC 61000-3-3:2013+A1:2019+A2:2021 Directive 2011/65/EU FCC: ANSI C63.4&47 CFR PART 15B

9. 1 Year Limited Warranty

The BIOS Diagnostics™ Water Flosser has a 1 year limited warranty to be free of manufacturing defects for the original owner. The warranty does not cover oral or nasal tips, nor does it cover damage from misuse or tampering.

100% Satisfaction Guarantee
If at any time, you are not completely satisfied with the performance of this device, call our BIOS Medical Hotline and speak with a customer service representative, who will make arrangements to have the device tested or replaced to your full satisfaction.
If you have questions regarding the operation of your device call the **BIOS Medical Hotline: 1-866-536-2289.**

Should correction be necessary, return the unit with all component pieces. Enclose proof of purchase and $5.00 for return shipping and insurance. Ship the unit prepaid and insured (at owner's option) to:

Thermor Ltd.
Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Email: support@biosmedical.com

Please include your name, return address, phone number, and email address.Thermor will test or replace (at Thermor's option) free of charge any parts necessary to correct the defect in material or workmanship.

Please allow 10 days for return shipping.

Paper
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