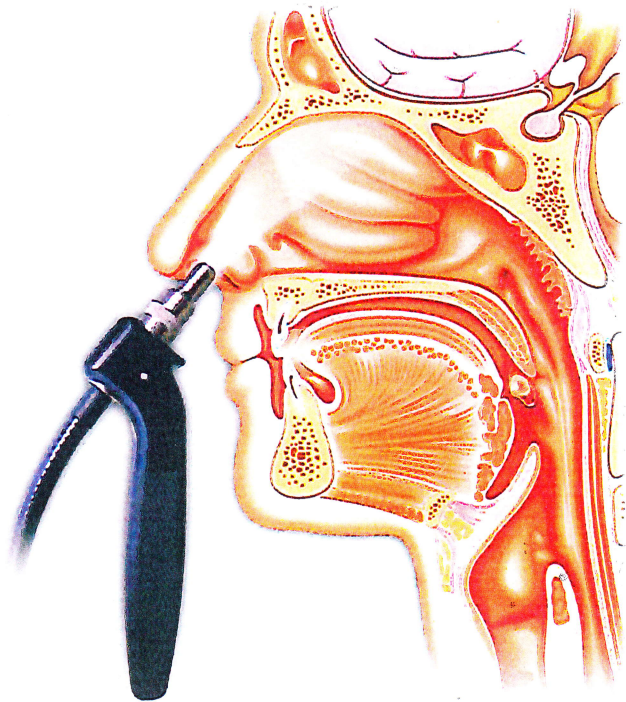
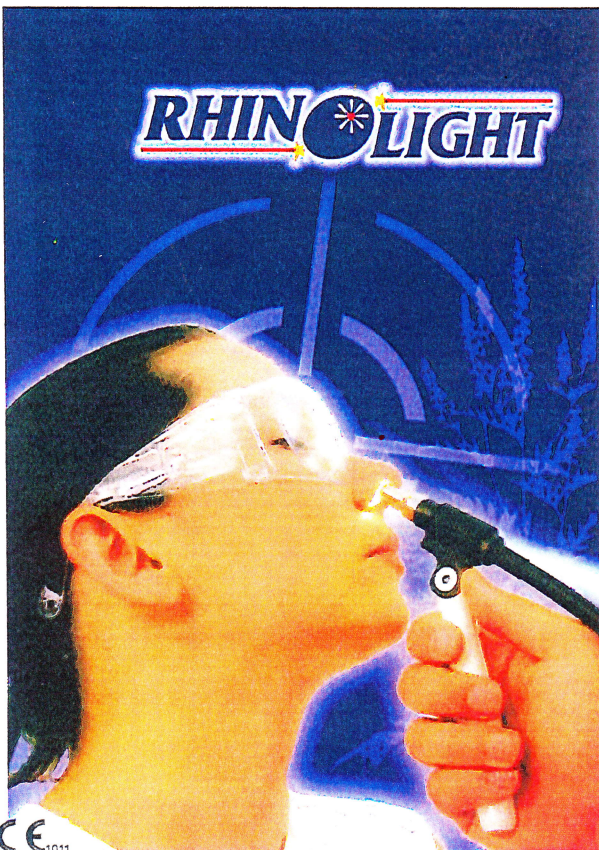


- Application in case of perennial-persistent allergy:
 - The Rhinolight® treatments take several weeks in case of non-seasonal allergens.
 - Depending on the severeness of the symptoms, 3 treatments can be administered in the first week, and following that, one “maintaining” treatment a week must be administered.
- The Rhinolight® treatment can only be administered under the supervision of professional medical personnel.
- Under age 14, the Rhinolight® treatment can only be administered after the evaluation of advantages and risks (no sufficient data has yet been made available concerning the treatment on children).
- Dryness of the nasal mucosa, crusting and mild blood leaking might occur as a side effect. In order to prevent this, use of vitamin A oil is recommended, which the patient should apply by all means during the days between the treatments.
- If the allergic symptoms intensify after the first few treatments, the treatment should not be suspended, since this is merely a temporary reaction to the treatment and will spontaneously be resolved by the end of the second week of the treatment.
- In case there is an inflammatory reaction in the nasal mucosa, the treatment must be interrupted for 1-2 days.
- In case of local infections of the nasal mucosa, a specific treatment is required.
- Mild dryness of the nasal mucosa can occur during the treatment, however, it can be easily controlled by spreading vitamin A oil.
- If dryness of the nasal mucosa is intense, and causes crusts, or perhaps nose bleeding, the treatment has to be suspended, and can only be continued after mucous membrane complaints have disappeared.
- Warnings:
 - Prior to the start of every treatment, always make sure the change of the sterilized nasal tips, cleaning and sterilization of the end of the light cable has been completed.
 - During the treatment, always be careful not to direct the light in the eye. Use of UV protective glasses is mandatory.
 - During the treatment, the nasal cavity has to be carefully and continuously panned with circling movements in order to direct light to different areas of the mucosa to avoid dryness of the nasal mucosa by illuminating one specific area for a longer time.
 - Illumination of the surface of the skin, other tracts or objects is prohibited.



- Rhinolight® is a special wavelength light source for the treatment of the nasal mucosa of patients suffering from allergic rhinitis regardless of what the allergen inducing the symptom is.*
- Before taking the Rhinolight treatment, a clinical diagnosis of allergic rhinitis is required and indispensable at all times.
- Indications of the Rhinolight® treatment:
 - In case the patient does not intend to take medicines,
 - If applied as a complementary treatment simultaneously to a medical treatment (antihistamines or corticosteroids), or
 - If there are any absolute or relative contraindications of the drug therapy in case of:
 - pregnancy
 - lactation
 - active sporting
 - drug allergy
 - sedative or other side effects
 - renal or hepatic failure.

*The Ministry of Health, Social and Family Affairs of the Republic of Hungary has established that the Rhinolight phototherapeutic treatment is applicable for the management of allergic rhinitis as a medical treatment: 1, complementing antihistamine and corticosteroid treatments. 2, as a monotherapy when conventional antiallergic treatment is contraindicated.

- Relative contraindications of the Rhinolight® treatment:
 - At patients, for whom the treatment is technically impossible to administer in the prescribed dose due to an anatomical disorder (e.g. septum deviation, large-sized polyp).
 - Who, besides allergic rhinitis, also suffer from other active inflammatory diseases of the nasal cavity (e.g. bacterial or viral infection) or other serious illnesses (e.g. nasopharyngeal tumor). In order to exclude these possibilities, an otorhinolaryngological examination is advised prior to the treatment.
 - For patients, at whom earlier any chronic mutation had formed on the skin due to the effect of light.
- Treatments must be started after the appearance of the allergic symptoms. The Rhinolight® phototherapy cannot be used for the prevention of hay fever symptoms.
- Before starting a treatment, patients have to blow their nose properly, and we use a vasoconstrictor spray to reduce the oedema of the nasal mucosa. Nasal lavage can be applicable if needed.
- Application in case of seasonal-intermittent allergy: Rhinolight® treatments have to be administered within two consecutive weeks.

Treatment in case of seasonal-intermittent rhinitis:

Rhinolight® treatments	Length of treatments per nostril (min : sec)
First week	
1.	2 : 00
2.	2 : 15
3.	2 : 30
Second week	
4.	2 : 45
5.	3 : 00
6.	3 : 00

Treatment in case of perennial-persistent rhinitis:

Rhinolight® treatments	Length of treatments per nostril (min : sec)
First week	
1.	2 : 00
2.	2 : 15
3.	2 : 30
Second week	
4.	2 : 45
Third week	
5.	3 : 00
Fourth week	
6.	3 : 00
Fifth week	
7.	3 : 00
Sixth week	
8.	3 : 00

- The first treatment can last for 2 minutes, however, a treatment cannot be longer than 3 minutes.
- Not more than 4 treatments can be administered a week.
- In case of severe allergic symptoms, Rhinolight® treatments can be continued, after mature deliberation, for four weeks, but the maximum length of the treatment is 3 min/nostril.
- At the start of a new pollen period and/or at the emergence of a new allergen the treatment can be repeated.