Head Soak

Take a lint free cloth soak it in cleaning solution (you can tear open a cleaning cartridge or buy cleaning solution). Put the rest of the solution in a poly bottle for cleaning.

Uncap the head Place the wet cloth over the cap Cap the head. Rewet every 20 minutes or so for an hour (or however long it takes)

Uncap the head Remove the cloth And immediately do a cleaning from the front panel.

Repeat as necessary for as long as you can recover nozzles. (or have dried ink on the nozzle plate)
You can get lint free wipes and cleaning solution from your Dealer.

This is also a good time to do your regular maintenance as this will soften dried ink and make it easier to clean