

Hill Country

Ear, Nose, and Throat, P.A.

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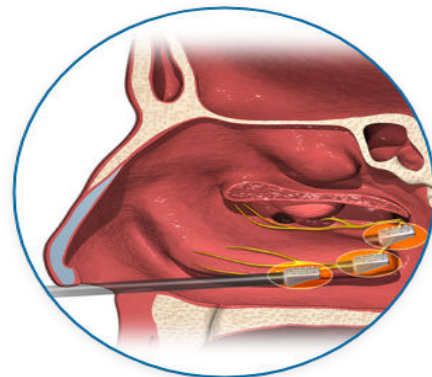
RhinAer Procedure in Office-To Improve Nasal Drip/Drainage



Normal



Rhinitis



RhinAer: RhinAer uses a radiofrequency energy to help reduce chronic rhinitis symptoms such as runny nose, congestion, and post nasal drainage. This is done by diminishing the overactive nerve signal from the nerves in the back of the nose that cause post nasal drip and drainage.

What causes chronic rhinitis: Out of balance nerves may be sending too many signals to your nose, telling it to drip. RhinAer uses radiofrequency to treat the out of balance nerves in the back of the nose. This interrupts the signals from these nerves to reduce your runny, stuffy nose symptoms.

Day of the procedure in office for RhinAer: You may be asked to take a Valium / Diazepam 10 mg (or similar medication) and a Hydrocodone tablet (or similar medication) 2 hours prior to the procedure and take a second tablet of each, 1 hour prior to the procedure. Topical and local anesthetics will be used. The preparation in the office will take 20-30 mins and the procedure will take about 10 minutes. You may need to stay in the office a few minutes afterwards, and then your driver can take you home.

Other procedures are frequently done simultaneously: To improve nasal congestion and nasal breathing other minor procedures may have been recommended to be completed at the same time. Swelling of the nasal tissues (which may include the turbinates and swelling on the septum) may cause nasal congestion and create difficulty breathing thru the nose. The RhinAer wand uses a radiofrequency wand to gently remodel and shrink these tissues, to improve the nasal airway, and therefore improving nasal airflow. The turbinate may be displaced to the side of the nose to improve nasal breathing. These procedures are non-invasive and no incisions are made. The results are excellent.

Care of the nose after surgery:

- ◆ Rest for 2 or 3 days, then you may resume normal activity.
- ◆ You may experience a small amount of bleeding for 2-3 days.
- ◆ Use a **nasal saline spray** (ocean or ayr brands) in the nose 3 times daily.
- ◆ Use a bit of Neosporin **ointment** or mupirocin or ayr gel in the nose 3 times daily.
- ◆ You can use a few puffs of **Afrin** nose spray if you have any significant bleeding.
- ◆ Avoid blood thinning medications for 1 week prior to and one week after surgery (i.e. aspirin, etc.)
- ◆ Keep **head elevated** for one week, use 2-3 pillows at night for 1 week.
- ◆ **DO NOT BLOW NOSE** hard; if you sneeze leave your mouth open to avoid high nasal pressure
- ◆ Don't do activities that are strenuous, require bending or lifting, or dusty, or dirty for 3 days.
- ◆ After treatment you may temporarily experience increased nasal congestion, facial pain, headache, and/or mild bleeding, etc.
- ◆ You may take over the counter analgesics for pain afterward (Acetaminophen or Motrin).
- ◆ You can Continue your rhinitis medication if you desire to.

- ◆ Arrange a follow up appointment with our office 4-6 weeks after surgery
- ◆ Most patients begin to see improvement between 7 days and 30 days.

Risks of surgery:

Tissue damage, bleeding, numbness or pain, dry nose, no symptom improvement, or ear blockage.

Call the office if you have any problems or questions (830) 629-5830