

## RHINAER INFORMATION SHEET

### How Does Rhinaer Work:

- Chronic rhinitis is the inflammation of the nasal mucosa, which causes excessive mucus secretion (runny nose), congestion, itching and sneezing.
- Rhinitis can be either allergic, non-allergic, or mixed.
- Nasal nerves regulate functions of the nose, such as nasal secretions. It is thought that interrupting these nerves results in the reduction of symptoms, when medications do not provide enough relief.
- Rhinaer is performed easily and quickly in an office setting under local anesthesia.
- It uses a low-temperature, non-ablative radiofrequency energy to deactivate the posterior nasal nerves.

Rhinaer does not CURE allergies. If you have a viral infection or attack of bad nasal allergies, you may still have some degree of a runny nose. Rhinaer helps to reduce the overall amount of baseline rhinitis.

### What To Expect After the Procedure:

- Wait at least 1 hour before eating or drinking following the procedure as your throat may still be numb from local anesthesia.
- You may return to most normal activities immediately with only light exercise recommended for a week.
- Pain after the procedure can typically be managed with Tylenol and Ibuprofen alone.
- The most common side effects following the procedure are congestion and crusting, which occur due to the reactive swelling from radiofrequency energy.
- Ok to blow your nose GENTLY. Please flush the area several times a day with saline until crusting resolves. If you must sneeze, try to do so with an open mouth to reduce pressure to the nose.
- Other side effects include possible nose bleeds, ear pain and numbness of lip/upper teeth/palate.
- Complete healing occurs within 4-6 weeks with 80% of patients reporting reduction in runny nose and congestion symptoms.
- A follow-up appointment will be scheduled in approximately 1 month.