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CLARIFIX CRYOSURGERY FOR NASAL CONGESTION AND CHRONIC RHINITIS POST PROCEDURE INSTRUCTIONS

Chronic rhinitis is frequent inflammation of the nose with symptoms such as a runny nose, nasal congestion and post-nasal drip (mucus in the throat).

While the exact causes are unknown, out-of-balance nasal nerves play a contributing factor. When these nerves become over active or out of balance, they send more signals than are necessary for the nose to perform its normal jobs, such as protecting the body from infectious agents. The nasal linings will become inflamed (congestion) and mucus production will increase (runny nose), causing these annoying symptoms – even when you aren't sick.

The ClariFix Cryotherapy device goes straight to the source of the symptoms – the out-of-balance nerves that control nasal congestion and secretions.

Using a minimally-invasive treatment called 'cryotherapy', the ClariFix device interrupts the signals from these nerves to reduce your runny, stuffy nose symptoms by freezing them.

When the cold temperature hits the out-of-balance nerves, the nerve signals are temporarily interrupted. The nerves are no longer telling the nose to drip, run and swell.

Many patients can have their ClariFix treatment in the office under local anesthesia however some will require general anesthesia.

WHAT TO DO AFTER CLARIFIX

- **On the day following the procedure, begin using over the counter saline nasal spray 4-6 times a day. You cannot over use this. This will help with any dry crusts of mucus.**
- **You may use Afrin or Neo-syneprine nasal spray 2-3 times a day for the first 3-5 days if there is severe stuffiness.**
- **You may begin gentle nose blowing the day after surgery unless you have been instructed differently by your doctor.**

Remember, your recovery is a process, not an event.