



CLARIFIX or RHINAER

Chronic rhinitis is a condition characterized by persistent inflammation of the nasal passages, which causes symptoms such as nasal discharge, nasal congestion, sneezing and itching. It can be classified into allergic rhinitis (triggered by allergens such as pollen) and non-allergic rhinitis (triggered by factors such as temperature changes, strong or irritating smells). When chronic rhinitis is resistant to medical treatments such as antihistamines, nasal steroids or decongestants, a posterior nasal nerve ablation may be indicated.

Posterior nasal nerve ablation (using devices such as Clarifix or Rhinaer) is a minimally invasive procedure (usually performed in the office) that targets the posterior nasal nerves responsible for triggering excessive mucus production and nasal congestion. By ablating or interrupting these nerves, the procedure aims to reduce the symptoms of chronic rhinitis, providing long-term relief, although improvement is often not noticed until 6 weeks after the procedure.

Preoperative Instructions for Posterior Nasal Nerve Ablation (Clarifix or Rhinaer)

- Medications:
 - Anticoagulants: If you are taking anticoagulant medications (for example, aspirin, warfarin, Plavix), inform your doctor. You may need to stop these medications several days before the procedure, as directed.
 - Other Medications: Continue taking your usual medications unless your doctor tells you otherwise.
 - Anxiety Medications: Your doctor may prescribe you an anxiety medication before the procedure. Discuss this with your surgeon and take it as directed.
- Fasting:
 - Fasting is usually not necessary for this office procedure. However, avoid heavy meals within 2-3 hours of your appointment.
- Allergies:
 - Inform your doctor of any allergies, especially to medications, latex or topical or injectable anesthetics such as lidocaine or tetracaine.
- Smoking/Alcohol:
 - Avoid smoking and consuming alcohol for at least 24 hours before the procedure, as they can affect healing.
- Transportation:
 - Arrange for someone to take you home after the procedure, especially if you receive any sedative medication.
- Clothing:
 - Wear comfortable clothing on the day of your appointment. Avoid wearing makeup or jewelry, especially around the face.

Postoperative Instructions for Posterior Nasal Nerve Ablation

- Activity:
 - Rest for the rest of the day after the procedure.
 - Resume your normal activities the next day but avoid vigorous exercise for 24-48 hours.
- Diet:
 - You can eat and drink normally after the procedure once any residual numbness in the throat wears off.
- Pain Management:
 - It is normal to feel a mild discomfort or a numb sensation in the nose. You can use over-the-counter pain relievers such as acetaminophen (Tylenol) or ibuprofen (Motrin) if needed.
 - About 25% of patients undergoing Clarifix may experience an "ice cream headache" immediately after the procedure.
- Nasal Care:
 - Use a saline nasal spray as directed to keep the nasal passages moist and clear.
 - Avoid blowing your nose forcefully for the first 24 hours after the procedure.
- Bleeding:
 - A small amount of nasal discharge with blood may occur. If you experience significant or prolonged bleeding, contact your doctor.
- Follow-up:
 - A follow-up appointment will be scheduled to evaluate your progress. Make sure to attend this appointment.
 - Report to your doctor immediately any persistent symptoms such as severe pain, excessive bleeding or signs of infection (for example, fever, purulent discharge).
- Expected Results:
 - It may take several weeks to notice the first benefits, and the full benefits of the procedure may not be seen for several months. A gradual improvement in nasal symptoms is expected.