

What to Expect

Before, During, & After Your VIVAER® Nasal
Airway Remodeling Procedure



Post-Procedure

During the first few days following your procedure you may experience some inflammation and tenderness at treatment site.

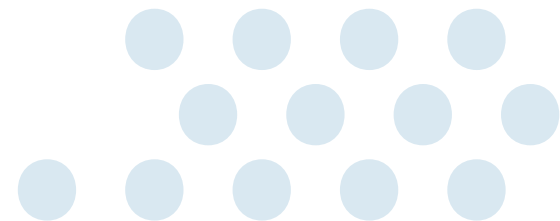
- If you need to blow your nose, please do so gently
- Do not pinch or manipulate the treatment area

During the first 3 weeks following your procedure you may experience some congestion and crusting at treatment site.

Your doctor may recommend using certain nasal sprays/rinses and applying ointments to the treated area.

Please contact your doctor's office with any additional questions.





Pre-Procedure

Evaluation/Consultation:

- Your doctor will evaluate your symptoms of nasal airway obstruction by performing a modified Cottle maneuver.
- This is a simple approach where your doctor places a narrow instrument in your nose to gently lift the tissue in your nasal valve area. This simulates the changes that may be created by undergoing the VIVAER® treatment.
- If the modified Cottle maneuver creates a significant improvement in your nasal breathing, you will most likely benefit from the VIVAER® Nasal Airway Remodeling treatment.

Day of Procedure

- The treatment is performed under local anesthesia, so you may not need assistance getting to and from your appointment.
- Typically, there is no need to restrict diet prior to this treatment.



VIVAER®

The new VIVAER® Nasal Airway Remodeling treatment is performed in the office setting and gently reshapes your nasal tissues to help you breathe more easily.

Procedure

- Your doctor will first numb the inside of your nose with cotton balls soaked in topical anesthetic. After a few minutes, your doctor will remove the cotton balls and further numb your nose with a brief injection of local anesthetic.
- Next, your doctor will position the VIVAER® stylus just inside the front part of your nasal passage. By pressing the stylus gently in place, the doctor starts a treatment cycle that lasts 18 seconds. The stylus stays in place for another 12 seconds as the treated tissue cools.
- The same steps are repeated, usually, in three adjacent locations in the nasal passage. The procedure is repeated in the other nostril, and you're finished.
- Since the procedure doesn't require general anesthesia, you can leave shortly after the procedure is complete.



Using a small hand-held device, your physician reshapes the tissues inside your nose to help improve airflow without any incisions.