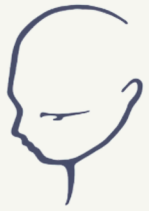


Understanding Clarifix



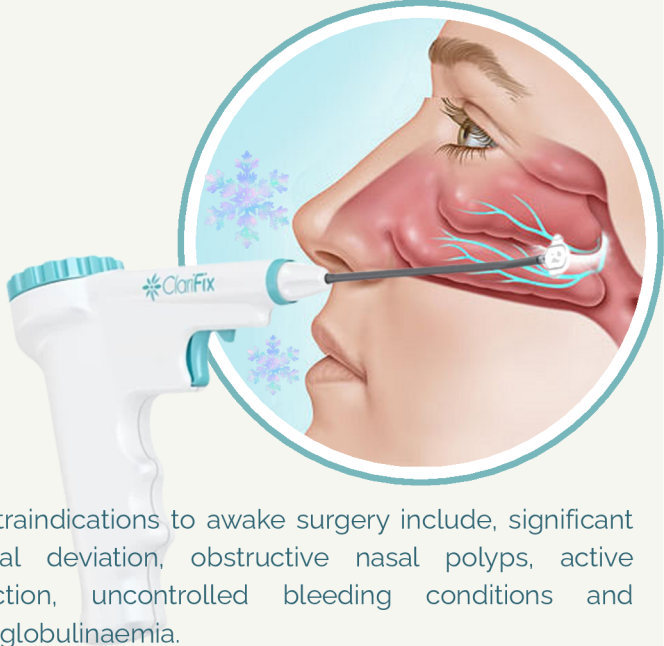
Clarifix is a minimally invasive, FDA approved, treatment for chronic rhinitis. It uses cold treatment (cryotherapy) to the area of the posterior nasal nerve; the nerve that causes your nose to become intermittently blocked or runny.

The procedure can be done under a full anaesthetic if combined with additional procedures or under local anaesthetic in outpatients theatre. No cuts, no needles, no pain, although some people describe an 'ice-cream headache' during the 2 minutes of application.

The freezing action when applied to the nerve reduces the signals that trigger excessive mucous production and congestion.

It is used in over 18 year olds for allergic and non-allergic rhinitis if medication has failed to result in sufficient enough a response and the symptoms have been present for over 4 weeks.





Contraindications to awake surgery include, significant septal deviation, obstructive nasal polyps, active infection, uncontrolled bleeding conditions and cryoglobulinaemia.

Most people return to normal activity the same day. The full effect is usually noticed after 2-6 weeks.

Common side effects include mild discomfort, congestion and mild headache. It is rare for patients to need the procedure repeating. 80% still experience significant benefit 2 years following treatment.

Before treatment we ask patients to complete a TNSS (total nasal symptom score, morning and afternoon. If the average between morning and afternoon is above 6 then you are likely to experience significant benefit.

Total Nasal Syptom Score

Score: 0: None; 1: Mild; 2: Moderate; 3: Severe

Runny nose: 0/1/2/3

Nasal Congestion: 0/1/2/3

Sneezing: 0/1/2/3

Nasal itching: 0/1/2/3

Total: _out of 12

MR. JAY GOSWAMY F.R.C.S.

CONSULTANT EAR, NOSE AND THROAT
HEAD, NECK AND THYROID SURGEON