



Rhinaer Patient Information

What is Rhinaer

Rhinaer is a minimally invasive, in-office procedure designed to treat post-nasal drip and runny nose, particularly in patients who are still experiencing symptoms despite using nasal sprays or other medications. The goal of the procedure is to reduce your reliance on daily medications by addressing the source of the problem directly.

Even if you don't feel post-nasal drip, you may still be experiencing the effects of it—including symptoms like ear fullness or clogging, frequent throat clearing, throat discomfort, and chronic cough. These are common downstream effects of excess nasal drainage, and Rhinaer can help reduce or eliminate them over time.

The procedure uses a small, wand-like device that delivers gentle radiofrequency energy to a specific nerve inside the nose that controls mucus and nasal secretions. By treating this nerve, Rhinaer can significantly reduce the amount of mucus your body produces.

Most patients begin to feel improvement between 2 to 6 weeks after the procedure. There is no implant, and no device remains in your body afterward.

Rhinaer is performed in the office using local anesthesia. Patients are typically able to go home the same day and resume normal daily activities right away, making this a convenient and low-disruption option for managing chronic nasal symptoms.

Preparation and Day of Procedure

There is no special preparation required before your Rhinaer procedure. However, if you are currently taking **blood thinners** or supplements that have blood-thinning effects, such as **aspirin, Plavix, warfarin (Coumadin), Eliquis, ibuprofen, fish oil, turmeric, or ginkgo**, please notify our office. Dr. Ghiam will coordinate with your primary care provider or specialist if any adjustments are needed.

The entire visit will take approximately **2 hours**. When you arrive, we'll begin with a detailed review of the procedure, including **how it works, expected benefits, risks, recovery process**, and an opportunity to **answer any questions** you may have. After that, you'll be asked to sign a consent form before we begin.

We will then start the **numbing process**, which typically takes **30–40 minutes** to ensure your complete comfort. First, a **numbing and decongestant spray** will be applied to your nose. This is followed by a series of "**pledgets**"—small, soft cotton strips soaked in numbing and decongestant medication. These are gently placed in the front of your nasal passages and allowed to sit for **10–15 minutes**. We then repeat this process 1–2 more times, gradually placing pledgets deeper in the nose to fully anesthetize the area. Each round is spaced by 10–15 minutes to ensure full effect. Dr. Ghiam will check that you are completely numb, and if needed, will apply **additional numbing via pledgets or a small, localized injection**.

To keep you comfortable throughout, we will offer a combination of **Tylenol (acetaminophen)** and **Advil (ibuprofen)** before the numbing process begins. You also have the option to take a **small dose of Valium**, which helps reduce any anxiety. This typically takes **20–30 minutes to take effect**, so by the time the numbing is complete, you'll feel more at ease. If you prefer **not to take Valium**, please let us know—we are happy to accommodate.

The procedure itself takes about **20 minutes**. The Rhinaer device delivers a series of **24 short treatments (12 to each side)**, each lasting about **15 seconds**. Breaks can be taken as needed. After the procedure, we will place soft pledgets in the nose to minimize any minor bleeding and **observe you for 10–15 minutes** before discharge. We will also review your **aftercare instructions** and answer any final questions.

Please be sure to **arrange for someone to drive you home**, especially if you choose to take Valium



After Care and Recovery

Bleeding & Discomfort

It is completely normal to experience **mild spotting or light bleeding from the nose** during the first 24–48 hours after your Rhinair procedure. This is a typical part of recovery following any nasal treatment. Using a small piece of **gauze under the nostrils** (“nasal dressing”) can help absorb any drainage and keep you comfortable throughout the day.

Pain is usually **very mild** and often requires **only over-the-counter medications**. We recommend:

- **Tylenol (Acetaminophen)**: 1,000 mg every 8 hours as needed
- **Ibuprofen (Advil)**: 400–600 mg every 8 hours as needed

These can be taken **together** or **alternated every 4 hours** for stronger relief if needed.

Medications & Sprays

1. Nasal Saline Rinses (NeilMed)

Start **saline rinses the day after your procedure** using a squeeze bottle like **NeilMed Sinus Rinse**. Rinse **2–4 times per day** to help flush out mucus, debris, and dried blood. This helps reduce congestion and speeds up healing.

2. Atrovent Nasal Spray (Ipratropium Bromide, Prescription)

This spray helps control **runny nose**, which often increases between **days 4–10** as part of the normal healing process. Begin using this **1 day after the procedure**:

- Start with **2 sprays per nostril, 2–3 times daily** (ideally after saline rinses)
- If your symptoms increase, you can safely **increase to 3–4 sprays per nostril up to 3–4 times per day**

The runny nose typically improves after day 10. Most patients gradually use the spray less often between **2 to 6 weeks** post-procedure.

3. Oxymetazoline (Afrin)

Afrin is helpful for both **congestion relief** and **bleeding control**:

- For **congestion**: Use **2–3 sprays per nostril at night** for improved breathing during sleep. It is safe to use beyond the usual 3-day recommendation in this setting—**up to 7–10 days post-procedure** is fine.
 - For **bleeding**: If bleeding feels excessive, use **4 sprays per nostril**, then **pinch the soft part of your nose** and lean forward. Hold for **10 minutes** to allow bleeding to slow.
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Follow-Up

We typically see patients **three times after the procedure** to support your recovery and monitor your progress:

- **1 Week Post-Procedure**
- **2 Weeks Post-Procedure**

These first two visits allow Dr. Ghiam to **check in on your healing** and **gently clean the nose**, which helps clear out dried mucus and debris, speeding up your recovery.

- **6 Weeks Post-Procedure**

At this visit, we will **assess your response to treatment**, review symptom improvement, and determine whether any further care or adjustment is needed.

Please don't hesitate to contact us earlier if you have questions, unusual symptoms, or would like to check in between scheduled visits.