

# AFTER YOUR CLARIFIX TREATMENT



Your doctor performed the ClariFix® cryotherapy treatment in the back of your nose to help reduce your chronic rhinitis symptoms such as runny nose and congestion.

## What can I expect after the treatment?

Following this treatment, it is recommended that you don't blow your nose for the first week, and that you perform nasal rinsing per your doctor's instructions.

IRRIGATION: \_\_\_\_\_ FREQUENCY: \_\_\_\_\_  
DURATION: \_\_\_\_\_ CONTINUE UNTIL DATE: \_\_\_\_\_

In general, as with any nasal treatment, you may experience increased sensitivity, congestion, and/or pain during the healing process. If needed, your doctor may recommend pain medications.

You may experience a small amount of occasional nasal bleeding over the next 2 days which is normal. Call your doctor if you experience bleeding lasting longer than 15 minutes.

Your doctor will discuss with you maintaining any rhinitis medication you are currently taking to help control your symptoms.

ADDITIONAL INSTRUCTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## How soon until my symptoms improve?

Most patients begin to see improvement between 7 days and 30 days post-treatment.

**Activities:** Return to normal activities per your doctor's discretion.

### Next Appointment:

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_  
DR. \_\_\_\_\_

Common side effects of the ClariFix procedure include temporary pain/discomfort, headache, facial pain, bleeding, dry nose and ear blockage.