

# Nasal Obstruction Treatment

## How can I get relief?

The Somnoplasty procedure is a safe, fast, and effective way to relieve nasal obstruction due to enlarged turbinates. The procedure is performed in Dr. Rheuark's office under local anesthesia, and typically takes less than thirty minutes.

## What is Somnoplasty?

The Somnoplasty procedure uses low-power, low-temperature radiofrequency energy to gently reduce the tissues in the inferior turbinate. Radiofrequency energy is delivered beneath the surface layer, or mucosa, of the inferior turbinate. The treated tissue is heated just enough to create an area of coagulation. Over the next three to six weeks, the treated tissue is removed naturally by the body, relieving the obstruction.

## What should I expect?

The Somnoplasty procedure relieves chronic nasal obstruction, usually without the pain associated with conventional or laser-assisted surgeries. There may be some swelling and discomfort for a few days following the Somnoplasty procedure. Over the next three to six weeks, you should start to experience improved nasal airflow. Most patients do not require any kind of pain medication.

## Am I a candidate for Somnoplasty?

If you suffer from chronic nasal obstruction, the Somnoplasty procedure may be the solution. Dr. Rheuark can evaluate your situation and determine whether you are a candidate.

## What is chronic nasal obstruction?

Chronic nasal obstruction is typically caused by the enlargement of the inferior nasal turbinates. The nasal turbinates are small, bony structures covered by mucous membranes that protrude into the nasal airway. Nasal obstruction caused by enlarged turbinates is commonly associated with allergies and rhinitis, the inflammation of the mucous membranes of the nose. When this occurs, the blood vessels inside the membranes expand, causing the turbinates to become enlarged and obstruct the flow of air through the nose.

## Can chronic nasal obstruction affect my health?

Chronic nasal obstruction impairs normal breathing, forces you to breathe through your mouth and turns the simple acts of eating, drinking, and speaking into annoying and often uncomfortable experiences. Enlarged turbinates can also contribute to headaches and sleep disorders such as snoring and obstructive sleep apnea.

**Make an appointment with Dr. Rheuark at (310) 373-8777.**