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Nasal Congestion & A Runny Nose:

You don't have to live with it anymore!

For people with chronic nasal congestion or runny noses, a new procedure called Turbinate Somnoplasty™/SM (Thermal Ablation) using radiofrequency (RF) can now improve their lives. This procedure is directed to the walls of the nasal cavity and shrinks tissues in the nose. It will allow better breathing even for those who have a deviated septum but are not candidates for the surgery to correct it. The RF treatment is painless and is most effective in ending the cycle of nasal congestion- indoor, outdoor, asleep or awake!

Nasal Turbinate Procedure

Who is a candidate for the procedure?

Potential candidates for Turbinate Somnoplasty™/SM are patients who suffer from chronic nasal obstruction due to enlarged inferior turbinates. Those suffering from chronic sinusitis or structural nasal problems (i.e. a grossly deviated septum) in addition to turbinate hypertrophy can still benefit, however they will require additional treatment for sinus or structural ailments.

How can turbinate Somnoplasty™/SM (RF Thermal Ablation) help?

The Somnoplasty procedure for enlarged turbinates is an application of Somnus Medical Technologies, Inc.'s proprietary Somnoplasty™/SM System & Procedure. It is designed to use radiofrequency (RF) energy to provide a minimally invasive and relatively painless treatment for upper airway obstructions. This procedure is intended for tissue coagulation (thermal ablation) in the inferior turbinates. Nasal turbinates are small shelf-like structures, projecting from the sidewalls of the nose, which are primarily responsible for warming, humidifying and filtering the inspired air. Nasal congestion occurs when these tissues swell. They react to temperature, posture and inhaled irritants, allergens, or airborne particles by swelling and pouring out mucus (as if the body were trying to block and cleanse the breathing passage.) Surgical removal of all or part of the turbinate can improve airflow, but with the potential side effect of excess nasal crusting and dryness. A procedure utilizing radiofrequency can reduce the swollen tissues within a period of 8-10 weeks without the need for operating room surgery

The RF is used to reduce the size of troublesome turbinates by creating a layer of scar tissue just beneath the surface. This layer of scar acts like a corset to prevent the turbinate from swelling, while preserving the lining and its humidifying function. The procedure is

done in the office under local anesthesia and takes only a few minutes. The treatment of nasal airway obstruction can result in dramatic and extremely satisfying improvement. Once treatment is completed, patients will be able to breathe more freely, and reduce or eliminate dependence on prescription or over-the-counter medications taken for nasal congestion. Nasal swelling is reduced, and nasal breathing, particularly at night, is dramatically improved.

Patients report 60-80% improvement in the symptoms of obstruction, congestion and watery nasal drainage resulting from allergies and other irritants. The Somnoplasty™/SM System, which is also used in the treatment of habitual snoring, includes an automated radiofrequency generator with temperature monitoring probe to reduce tissue volume and stiffen soft tissue.