

What is nasal obstruction?

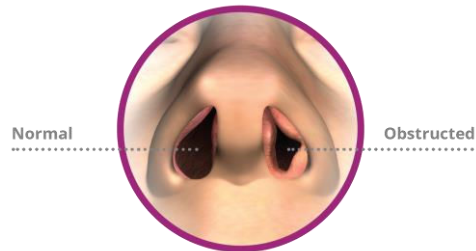
Many people with nasal obstruction experience difficulty breathing through their nose, habitual snoring, interrupted sleep and fatigue.

Nasal obstruction is often caused by anatomical blockage in the nose, hindering airflow. As a result, you may feel congested or “stuffy”. Home remedies and medications may offer temporary relief. It’s only when your nasal airway is opened that you can expect to find real, lasting relief.

[VISUAL IMAGE AVAILABLE FOR [DOWNLOAD HERE](#)]

Common symptoms of nasal obstruction:

- Trouble breathing through your nose
- Nasal congestion
- Difficulty sleeping
- Difficulty breathing during physical exertion



VivAer® Treatment

Lasting relief is possible.

If you regularly experience difficulty breathing through your nose and nothing seems to help, you may have nasal obstruction. Until now, finding a long-term solution often meant surgery. Now, your physician may be able to offer you lasting relief by performing a non-invasive VivAer treatment to open your nasal airway.

Lasting Relief. 97% of patients experienced significant improvement in nasal breathing.¹

Non-invasive solution. Minimal discomfort, no incisions, and can be performed in our office.

Live better. Clinically shown to significantly improve quality of life and provide long-lasting relief.¹

Breathe better. Live better.

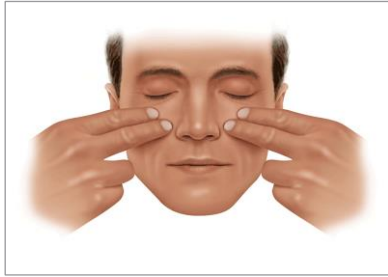
The VivAer treatment is clinically shown to provide high satisfaction and lasting relief.¹ Patients typically return to normal daily activity the same day.*

- **97%** of patients experienced significant improvement in nasal breathing¹
- **94%** of patients improved their ability to get enough air through their nose during exercise or exertion²
- **89%** of patients reported getting a better night’s sleep²

Am I a candidate for the VivAer® treatment?

To find out, take these two simple tests.

Cottle’s Maneuver



Step 1. Place two fingertips on your cheeks, on each side of your nose.

Step 2. Gently press and pull outward to further open your nasal passage. While holding, breathe through your nose.

Did the Cottle's maneuver help you breathe better? If so, you may be a candidate.

NOSE Score

Complete the questionnaire below.

1. Rate your nasal congestion or stuffiness

0 - NO Congestion or Stuffiness

1 - MILD Congestion or Stuffiness

2 - MODERATE Congestion or Stuffiness

3 - FAIRLY BAD Congestion or Stuffiness

4 - SEVERE Congestion or Stuffiness

Schedule an appointment today!

Call: (830) 629-5830

View [Important Safety Information](#).

[THE WEBSITE LINK IS: <https://aerinmedical.com/important-safety-information/>]

*Individual results may vary.

¹ Ephrat M, Jacobowitz O, Driver M. Quality-of-life impact after in-office treatment of nasal valve obstruction with a radiofrequency device: 2-year results from a multicenter prospective clinical trial. Int Forum Allergy Rhinol. 2020;00:1-11

<https://doi.org/10.1002/alr.22667>.

² Prospective, Multi-Center, Non-Randomized Study to Evaluate the Quality of Life Impact After Treatment of Nasal Airway Obstruction Using the Aerin Medical VivAer Stylus. Aerin Medical Report TR680-01.