

Nasal Obstruction Treatment

VivAer® Procedure

FAQ



What is the VivAer procedure? How does it work?

The VivAer procedure uses temperature-controlled radiofrequency (RF) technology for the treatment of nasal obstruction. By treating the narrowest parts of your nasal airway, the VivAer procedure opens up the nasal passage to allow more air in.

What are the benefits? Is the VivAer procedure clinically proven?

The VivAer procedure can improve breathing through your nose. It has been proven in clinical study to improve nasal breathing and provide lasting relief:

- 97% of patients experienced significant improvement in nasal breathing
- 89% of patients reported getting a better night's sleep
- 94% of patients improved their ability to get enough air through their nose during exercise or exertion

Am I a candidate?

The VivAer procedure is intended to help patients suffering from nasal obstruction, often caused by anatomical blockage in the nose and hindering airflow.

The Cottle's maneuver is a good indicator for treatment success. Place two fingertips on your cheeks, on each side of your nose. Gently press and pull outward. While holding, breathe through your nose. If this helped you breathe better, you may be a candidate.

Dr. Vaughn will evaluate your specific case to determine if you are a candidate.

Contraindications: Patients who have had nasal surgery within the last 3 months. Patients with extreme nasal pathology or a history of extreme nasal injuries. Patients with medical conditions that may impair normal healing processes or be exacerbated by the stress of surgery.

How long does the VivAer procedure take?

Please plan for a 1 hour appointment.

What does it feel like?

You may experience slight discomfort, but treatment should not be painful. Prior to the VivAer procedure, Dr. Vaughn will numb your nasal cavity with local anesthetics.

Are there any side effects? How long is recovery?

Most patients can return to normal activities the same day. Any treatment related discomfort typically resolves within half a day. You may experience temporary congestion, increased sensitivity, and crusting at the treatment site.

Should I continue my current medication?

Discuss all your current medications with Dr. Vaughn. He will determine the proper course of treatment.

Can I have the VivAer procedure if I have had previous nasal surgery?

Discuss your previous surgeries with Dr. Vaughn. He will evaluate your specific case and determine if the VivAer procedure is right for you.

You cannot have the procedure if you have had nasal surgery within the last 3 months.

Is the VivAer procedure FDA cleared?

Yes. FDA clearance was issued in December, 2017.

The Viver® ARC Stylus is indicated for use in otorhinolaryngology (ENT) surgery for the coagulation of soft tissue in the nasal airway, to treat nasal airway obstruction by shrinking submucosal tissue, including cartilage in the internal nasal valve area.

Is the VivAer procedure covered by insurance?

The VivAer procedure may be covered by insurance, but as all insurance plans differ, we recommend consulting your insurance provider.