



## AVENUE ENT

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Recovery times vary but are typically range between 2-6 weeks. To reduce possible complications, it is important to follow the post-operative instructions after surgery. This will include the use of oral antibiotic, nasal saline irrigation and lubricating ointments/sprays during the recovery period.

### **Are there side effects?**

Side effects are minimal for most LATERA® implant procedures. For about three weeks, you may experience crusting or nose dryness. Possible rare side effects using COBLATION include:

- pain
- bleeding
- swelling
- dryness
- crusting
- infection
- extrusion
- fullness
- poor cosmesis

There's also the rare possibility of requiring an additional procedure to remove or add another implant.

### **What's the outlook?**

The goal of the LATERA® implant is to reduce nasal valve collapse, improve nasal airflow, while maintaining adequate cosmetic outcomes.

In most cases, LATERA® implant(s) are successful at opening the airways and making breathing easier. By following your surgeon's pre-operative and after-care instructions, you can speed your healing and maximize your results.

**For more information, please see following links below:**

1. <https://www.youtube.com/watch?v=ceJqG3Rlos>
2. <https://www.brodnermd.com/cutting-edge-techniques-and-equipment/coblation/>
3. <https://www.youtube.com/watch?v=tFLM2RNZXtc&t=70s> \* (for children undergoing coblation turbinoplasty)

### **What is LATERA®?**

LATERA® is an absorbable nasal implant injected to support the upper and lower cartilage inside the side wall of your nose. Supporting the cartilage may reduce nasal airway obstruction symptoms and help you breathe better. As the implant dissolves over the next 18 months, a fibrous capsule forms in its place.

### **Who is a good candidate for LATERA®?**

One way to see if LATERA® will work for you is to use Breathe Right strips during athletic training or sleeping. If your breathing improves dramatically, you may be a good candidate for a LATERA® implant. The LATERA® implant can be placed in the operative room in conjunction with septoplasty/turbinate procedures or in the office as an isolated procedure.

### **What are the benefits of LATERA®?**

LATERA® has a very high level of success and provides improved breathing in almost every patient. Patients experienced a reduction in nasal obstruction without negative cosmetic effects of many implantable cartilage grafts. Clinical studies show that LATERA® patients demonstrate improvement in patients who have the following symptoms:

- Nasal congestion or stuffiness
- Nasal blockage or obstruction
- Trouble breathing through the nose
- Trouble sleeping
- Dry mouth after sleeping
- Reduced airflow with exercise



Implant is placed under the skin at the location shown