

Cryotherapy for chronic rhinitis

Information for the public

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This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works.

Your healthcare professional should talk to you about the research.

Chronic rhinitis happens when there is long-term inflammation of the inside of the nose. Common symptoms include sneezing, itchiness, and a blocked or runny nose. This procedure is done under local anaesthesia. A probe is inserted into the nose and the tip is placed on the area to be treated. Very cold gas is then released to freeze the area (cryotherapy). The aim is to target and destroy the nerve running through this area of the nose to reduce symptoms.

The [NHS webpage on allergic rhinitis](#) or [non-allergic rhinitis](#) may have information on your condition and treatment options.

Is this procedure right for me?

You should be included in [making decisions about your care](#)

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what only in research means.

You can also get support from your local [Healthwatch](#).

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