



# *The Alaxo Experience*

— AIRWAY STENTS —

Included with your stents is a disinfectant spray, a larger clear tube and another smaller case that contains your nitinol braided airway stents. Also included in the smaller case, is a small transparent tube (installation tube) with one black end and a white rod (pusher tube) with a clip lock end.

**The following are common questions regarding our airway stents;**



## **What are the stents made of?**

All Alaxo Airway Stents are made of Nitinol. Nitinol is a specialty alloy comprised of Nickel and Titanium that exhibits shape memory and super-elastic properties as well as high biocompatibility.

## **What if I am hesitant to put the stents in my nose?**

No worries, this is common among all first-time users. All of us were told many times, “You don’t put things in your nose”.

After attaching the white rod to the stent, feed the white rod and stent into the clear tube end with the black on it. Continue to pull the white rod and stent through the clear tube and watch the stent collapse on itself.

The simplest way to begin, is to use a small amount of nasal lubrication or saline spray on the exterior of the clear tube to help the tube slide into the nose and lightly coat the stent before collapsing it into the tube.

**Do not let go of the tube while practicing.** The trick is to look in a mirror while inserting the tube in and towards your earlobe. The goal is to find the middle opening in the nose (middle meatus).



## **Can I expect my snoring to stop the first time I wear them?**

As with any new medical device it takes time for someone to experience the full benefits of having an open nasal passage. Our airway stents are not a gimmick and people have to understand that achieving the full results of our product, takes time and dedication of use. A significant reduction in snoring can take days or weeks because everyone reacts differently. Someone may stop snoring immediately while others don't see any difference until days later.

## **How do I know I have the stent in the right place in my nose?**

You know the stent is located properly in the nose (middle meatus) when the stent is pushed almost straight in. You should have little to no discomfort, unless there is a structural issue (i.e.: broken nose, deviated septum, polyps, etc.) preventing the stent from going in.

When the stent is angled upwards while inserting and into the upper meatus area, it will be uncomfortable. Remove the stent and reinsert into the middle meatus.

## **When the “silver” tip is sticking out of my nose, will the stents still work?**

Absolutely, the stents will still open the nasal passage. Not all nasal airways are the same, just like all people are different, the structure of someone’s nose may not allow the silver ball to be hidden, but the stent is still providing better airflow in the nose.

## **Can I sleep with the stents in on the first night?**

We recommend gradually wearing the stents during the day until you can comfortably wear them for 6-8 hours, before sleeping with them in. There is a **“break-in time”** while getting use to wearing the stents. This is your body reacting to the stent being in your nose and during this time you can experience sneezing, watery eyes and a runny nose. Alaxo’s goal is to have users have a “good experience” rather than rushing the use and having a “bad experience”.

## **What does wearing the stents feel like?**

When you first begin to use the stents and have them placed in the nose correctly, most everyone reports to feel a small amount of pressure inside the nasal airway. Over the next few days of continued use the pressure becomes less noticeable and you will get to a point where no pressure is felt.

## **Can I blow my nose while wearing my stents?**

Yes, you can blow your nose as you normally would without the stents inserted.

## **How long can I wear them?**

We recommend that users wear our stents for up to 18 hours per day.

## **How long will my stents last?**

With the proper care and handling all of our stents will last for 500 uses. After 500 uses we recommend you replace the stents because the mechanical support created by the braid may diminish over time.

## Is it normal for a tiny amount of blood to be on the stents when I remove them?

The nasal tissues contain lots of tiny blood vessels and everyone has experienced a nosebleed at some point. When people start wearing our stents it is not uncommon for a small amount of blood to be on the stents when they are removed from the nose. Gently twisting the stent side to side breaks the mucus bond and when pulling the stent out there will be tiny specks of blood because the mucus bond was broken from the nasal tissue.

## Can I use the stents when I have a cold or during allergy season?

Certainly, Alaxo's airway stents mechanically open the nasal passages to allow for better airflow in and out of the nose even if it is stuffed up.

## When should I put my stents in?

There is no specific time to have your stents in, "when to use" is entirely up to you. With regular use, you will be more comfortable using the stents. Many users wear them during the day, while sleeping, during exercise activities or anytime where the goal is providing more airflow through your nose.

**Hint for Sleeping:** Most people tend to install the stents about an hour before bed to allow your nose time to adjust to the stent before falling asleep.

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