



INFORMED CONSENT FOR NASAL SPECIFIC

Every type of health care is associated with some risk of a potential problem. This includes the nasal specific technique used by your chiropractor. We want you to be informed about potential problems associated with the nasal specific treatment before consenting to treatment.

The nasal specific technique has been used safely for at least three decades and has helped thousands of patients to breathe more efficiently through their nasal passages. The technique is usually performed by a chiropractor, but may also be performed by a naturopath or osteopath. There has been at least one peer reviewed journal article on the technique that has been logged into the National Library of Medicine in Bethesda, Maryland; it was published in the Journal of Manipulative and Physiological Therapeutics, in 1995.

The nasal specific technique is the moving of bones and tissues of the nasal passage with the help of a small balloon (finger cot). Air is gently inflated into the balloon with the help of a blood pressure cuff bulb. The inflating balloon will separate the bones of the nasal passages and stretches the tissues. The treatment is considered optimal when the balloon pushes through the nasal passages and touches the back of the throat. The patient can expect to hear a crackling sound coming from their nasal passages, your eyes will water, and your nose will drain fluid. Occasionally some bleeding will occur. Since there are three nasal passages on each side of your nose, ideally the technique should be done a total of six times each treatment session. Recommended frequency is once per week for a month; once per month for a year; once per year for life. This frequency may be varied at the discretion of your doctor.

Theory

Chronic nasal infections, allergies, or trauma, create inflammation. The resolution of inflammation is fibrotic tissue, which is stiff and thick. Intranasal fibrosis impairs normal function, especially the ability to breathe through the nasal passages efficiently. Nasal specific technique is the using of a "balloon" (finger cot) as a lever to stretch nasal passage fibrotic tissue. This is done in an effort to improve function, especially one's ability to breathe through their nose.

Indications

Chronic head / face complaints that may be related to nasal passage fibrosis. The patient will usually have the history of trauma, surgery or chronic nasal inflammation.

Contraindications

This technique should not be done if you have an active infection or if you have a history of frequent and / or severe nose bleeds. A few years ago a small child was killed when the finger cot came off the bulb and the child sucked the finger cot into the bronchial tree. We are aware of no other serious problems related to the technique. Occasionally the "balloon" will remain inflated at the back of your throat, and your doctor will have to pop it with a pin through the mouth. This is not a problem, but it might scare you if you did not know about it.

Other Problems

There may be other problems or complications that might arise from the nasal specific technique other than those noted above, but we are not aware of any. These other problems or complications would occur so rarely that it is not possible to anticipate and/or explain them all in advance of treatment.

Chiropractic is a system of health care delivery, and therefore, as with any health care delivery system we cannot promise a cure for any symptom, disease or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider whom we feel will assist your situation.

If you have any questions on the above, please ask your doctor. When you have a full understanding, please sign and date below.

Patient's Printed Name

Date

Patient's Signature

Parent or Guardian Signature for Minors