Over 30 million Americans suffer from chronic sinus disease.

Sinusitis results in blockage of the natural drainage passageways, leading to infections and nasal obstruction.

Sinusitis patients are often treated with antibiotics, decongestants as well as oral and intranasal steroids.

Endoscopic sinus surgery (ESS) is a viable option for the patients who do not respond to medical therapies.

Chronic sinusitis is one of the most common problems that result in doctor visits for patients trying to get relief from the symptoms of chronic congestion, postnasal drainage, pressure, coughing, and sometimes headaches. The first line of treatment is antibiotics, inhaled topical nasal steroids, antihistamines and decongestants. When these treatments aren’t enough, sinus surgery can sometimes offer relief to patients. In fact, over 500,000 patients who do not respond to medical therapy undergo endoscopic sinus surgery (FESS) in the USA each year. Surgical treatment continues to improve as new innovations are developed, and now sinusitis sufferers with some of the most difficult to control symptoms have another weapon to combat chronic and recurrent sinusitis. In the subset of patients who have nasal and sinus polyps, the Propel® ethmoid sinus stent is providing significant benefits to improve their outcomes after surgery.

Dr. Michael Bryan and Texas Health Harris Methodist Southlake are now offering this new medical device to patients who need it to improve the outcomes of this already very successful operation. The Propel stent is carefully placed in the sinus at the end of the surgery and it remains there for weeks, steadily delivering low dose steroid medications to the healing sinus linings. The anti-inflammatory therapy that the Propel stent provides helps reduce edema and scarring in the post-operative period, reducing early polyp redevelopment, and keeping the sinus outflow tract patent, helping the patient breathe easier after surgery, and allowing for reduced need for oral steroids. In a few weeks, the stent dissolves and no removal is necessary, making post operative care easier for patients.
The Propel sinus implant is similar to the cardiac drug eluting stents, which keep the heart vessels open and flowing by releasing medication. Similarly, this ethmoid implant is placed at the conclusion of sinus surgery which helps maintain sinus patency, reduces scarring, promotes healing of the surgery site, and prevents early polyp recurrence.

The implant has a spring-like mechanism that prevents closure and scarring of the sinus while emitting an anti-inflammatory medication. After thirty days the implant dissolves and makes the post-operative period smoother and more comfortable for the patients. Dr. Bryan has noted, “This product has provided significant benefits for my patients who suffer from nasal and sinus polyps. The slow release of anti-inflammatory medication produces impressive results.”

Oral steroids are commonly administered to patients with nasal polyps to ensure a better healing process after surgery. If the medication is delivered locally with the Propel stent, then it can be delivered longer, with none of the side effects of stomach and other gastrointestinal issues, immunosuppression, or potential bone loss, while healing is occurring.

Dr. Bryan has noted, “Our patients already feel the benefits of Propel as they can breathe clearly through both nostrils”. They can enjoy the spring this year as their sense of smell returns and they can appreciate the taste of food again.

**About Dr. Michael D. Bryan**

Dr. Bryan is a Fellow of the American Academy of Otolaryngology and is affiliated with the Texas Medical Association and the Tarrant County Medical Society. With over twenty years of experience, Dr. Bryan’s practice encompasses all aspects of pediatric and adult otolaryngology. Dr. Bryan is a native Texan, raised in the Metroplex, an honors graduate of The University of Texas Medical Branch, and Board Certified in Otolaryngology – Head and Neck Surgery. In May of 2000, he established his practice in Southlake, and has been serving this community with state of the art otolaryngology care for 13 years.