

A nasal dilator (10) that prevents the outer wall tissue (60, 62) of the nasal passages (54, 56) of the nose (12) from drawing in during breathing comprises a truss member (16). The truss member (16) includes a flexible strip of material (18) having a first end region (20), a second end region (22) and an intermediate segment (24). The first and second end regions (20, 22) are adapted to engage the outer wall tissue (60, 62) of first and second nasal passages (54, 56) of the nose (12). The truss member (16) further includes resilient bands (30a, 30b) secured to the strip of material (18). The resiliency of the bands (30a, 30b) acts to stabilize the outer wall tissue (60, 62) and thereby prevents the outer wall tissue (60, 62) of the nasal passages (54, 56) from drawing in during breathing.