

# After Your Surgery: ClariFix



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## What to Expect

- Some bleeding from the nose for the first few days is expected. It is usually mild.
- Nasal pain and congestion is normal. You will likely feel more congested than you did before. This is due to swelling associated with the procedure.
- You may have crusting and dried blood in your nose.
- Some patients experience a headache after the procedure. This should resolve within a few hours.

## What to Do

- Use nasal saline spray every few hours (while awake) until follow up.
- Can use Afrin nasal spray as needed for bleeding and nasal congestion for 3-5 days after surgery. **Please stop Afrin after 3-5 days.**
- Keep your head elevated while sleeping. Sleep with an extra pillow or two.
- Tape a piece of gauze under your nose if there is mild bleeding. Change gauze as needed.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve. You can take these per instructions on the bottle.

## What Not to Do

- Avoid heavy lifting, strenuous exercise or anything tiring for 1 week after surgery.
- Do not blow your nose for the first week. Do not sneeze with your mouth closed.
- Recommend that you do not fly for 1 week after surgery.

## When to Call or See the Doctor

- Persistent fever over 101° F.
- Persistent, heavy bleeding from the nose.
- Persistent, severe headache.

## Follow Up

- Follow up 1 week after the procedure.
- It typically takes 2-6 weeks to fully heal and achieve reduction in nasal symptoms.