

What to Expect

- Some bleeding from the nose for the first 1 to 2 days. It is usually mild.
- Nasal congestion and soreness are normal. You may feel more congested than you did before because of swelling from the procedure.
- You may have crusting and dried blood in your nose.
- Improvement in runny nose and congestion typically develops over several weeks as the treated nerves quiet down.

What to Do

- Use nasal saline spray every few hours while awake until your follow-up visit.
- You may use Afrin nasal spray as needed for bleeding and nasal congestion for 3 to 5 days after the procedure. Stop Afrin after 3 to 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 the gauze as needed.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve, taken per the instructions on the bottle.

What Not to Do

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

When to Call or See the Doctor

- Persistent fever over 101° F
- Persistent, heavy bleeding from the nose.
- Worsening, severe nasal pain.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830 **Dripping Springs** 512-339-4040