

After Your Surgery: VivAer Nasal Airway Remodeling



What to Expect

- You may have mild bleeding for the first couple days.
- You will have crusting in the nostrils for a few weeks.
- Your nostrils may be sore for a couple weeks. This is usually very mild.
- You will likely feel more congested than you did before the procedure. This is due to swelling and will improve with time.

What to Do

- Use nasal saline spray every few hours (while awake) until follow up.
- Apply antibiotic ointment (e.g., over-the-counter triple antibiotic ointment) to the inside of the nostrils twice a day for 1 month.
- 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

- Do not blow your nose for the first week.
- Do not pick at the crusting inside your nose.
- If turbinate reduction was also performed, recommend not flying for 1 week after the procedure.

When to Call or See the Doctor

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

Follow Up

- Follow up 1 week after the procedure.
- Most patients achieve the maximal benefit 4-6 weeks after the procedure.