After Your Surgery

VivAer Nasal Airway Remodeling

CAPITAL ENT & SINUS CENTER

What to Expect

- Numbness from the local anesthetic wears off over a few hours.
- Mild bleeding for the first couple of days.
- Crusting in the nostrils for a few weeks.
- Your nostrils may be sore for a couple of 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.
- Most patients reach the maximum benefit 4 to 6 weeks after the procedure.
- Most patients return to work and normal daily activities the same day or the next day.

What to Do

- Use nasal saline spray, 2 sprays in each nostril every 2 to 3 hours while awake (5 or 6 times a day), until your follow-up visit.
- Twice a day for 1 month, apply a thin layer of antibiotic ointment (for example, over-the-counter triple antibiotic ointment) just inside each nostril opening with a clean fingertip or cotton swab.
- 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.
- For the first 3 nights, sleep with your head and shoulders raised 30 to 45 degrees (wedge, pillows or recliner).
- Tape a piece of gauze under your nose if there is mild bleeding. Change the gauze as needed.
- Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless we said not to or you have an ulcer or kidney disease.

What Not to Do

- Do not blow your nose for 1 week. After that, blow gently.
- Do not rub, press on, or pick at the inside of your nose while it heals.
- If turbinate reduction was also performed, we recommend not flying for 1 week after the procedure.

When to Call or See the Doctor

- Temperature of 101° F+ for over 24 hours or starting 3+ days after the procedure, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Worsening, severe nasal pain.
- Worsening redness or swelling of the nose.
- Bleeding from the nose that does not stop, or any bleeding that worries you: call us for guidance. Severe bleeding you cannot control, or bleeding with lightheadedness or fainting: call 911 or go to the nearest emergency room.

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

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