



**VALLEY ENT**  
EAR, NOSE, THROAT & ALLERGY

## **Vivaer Procedure Post Operative Instructions**

This post-procedure instruction sheet is designed to help you care for your nose after the Vivaer procedure and help answer any of the common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

### **What To Expect After:**

- Most patients can return to normal activities the same day.
- Any treatment related discomfort typically resolves within half a day.
- Below is a general outline of how patients recover.

### **Weeks 0-2 (First 2 Weeks):**

- During the first weeks following your procedure you may experience some inflammation, tenderness, congestion, increased sensitivity, and crusting at the treatment site. Your nose and breathing usually feel worse than they did before the procedure.

### **Weeks 2-4 (Second 2 Weeks):**

- Your nose and breathing will start to improve, and you feel like you felt before your procedure.

### **Weeks 4-6 (Third 2 Weeks):**

- Your nose and breathing will start to feel better than before your procedure.

### **Caring For Your Nose:**

- To help your nose heal faster and improve your symptoms after your procedure.
- Humidifier in the room at night (especially during the dry months).
- Place 2 sprays of AYR Saline Spray (Over-the-Counter) in each nostril 4x/day.
- Place Mupirocin (Bactroban) 2% Ointment (prescription sent to your pharmacy) gently with a q-tip into the front roof of the nose both nostrils morning and night.
- You may start gentle rinses when you get home (the first couple of rinses may have bloody drainage, which is normal). You may rinse your nose twice a day or more often if needed. Rinse before placing the Mupirocin ointment in your nose.
- Nasal irrigation kits are available over the counter in the nasal section. Common brands include SinuCleanse or NeilMed.
- DO NOT PICK YOUR NOSE

- If you feel like you need to blow your nose, then please use the nasal irrigation/rinse bottle before.
- Be careful not to bump or rub your nose and upper lip, as this action may prolong or worsen the recovery.

### **Nasal Congestion And Crusting:**

- You may experience nasal congestion and crusting after your procedure. This is due to swelling and scabs. **DO NOT PICK YOUR NOSE.**
- Crusts are essentially scabs and mucus that build up in the nasal passages after your procedure and eventually resolve.
- Nasal irrigation helps to soften and remove scabs and crusting.

### **Pain & Pressure:**

- You may experience pain/pressure in your nose. This may feel like a sinus infection or a dull ache. Extra-strength Tylenol is often all that is needed for the discomfort.
- The pain/pressure is usually worst the first few weeks after your procedure.

### **Bleeding:**

- It is uncommon to have bleeding.
- If steady bleeding occurs, tilt your head back slightly and breathe through your nose gently. You may dab your nose with tissue but avoid any nose blowing or rubbing. If this does not stop the bleeding, you may use Afrin spray (see below).
- It's ok to use Afrin (Oxymetazoline) OTC nasal spray 2-3 days after the procedure for bleeding. Do not use for more than 2-3 days – it can cause rebound congestion and worsen your symptoms if used beyond that time period.

### **Activity:**

- Ok to resume normal activities after your procedure on the same day.
- Avoid strenuous activity for 3 days after your procedure.

### **Nutrition:**

- Drink plenty of water / fluids
- Eat light snacks initially and advance to a regular diet as tolerated the day of your procedure.

### **Safety Information For Giving Medications:**

- Use medications only as directed in the amounts specified
- Call California Poison Control if you take too much medicine. 1-800-222-1222.

### **Follow-up Appointment:**

- You should have a follow up appointment 6 weeks after your procedure. If you haven't made an appointment yet, please call the office to schedule your follow-up appointment.

**Important Phone Numbers:**

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000