

Mary Ashmead, M.D.

Amy McDonald, P.A.

Postprocedure Instructions: Vivaer Airway Remodeling

- Start using the Bactroban/mupirocin ointment the day after surgery. Use a pea sized amount on each side just inside the nose, then squeeze gently to spread.
- Please start your saline irrigations the day after surgery. Wash with salt water solution twice a day. I recommend the NeilMed Sinus Rinse bottle with the packets, but you can make your own salt solution if you prefer. We recommend using distilled or boiled water, as there is a very small but very serious risk involved with using tap water.
- It is normal to have stuffiness after surgery, this may start to get better after a couple of weeks, but it may take over a month to fully resolve. Afrin and sudafed may help somewhat, but mostly this just takes some time. If you can, try to keep your head elevated for the first 48 hours – this will help to prevent some of the swelling inside your nose. However, it is more important to sleep than it is to sleep upright.
- If discussed, start the short course of steroids the day of the procedure. This will help with the tightness that you may feel in the front of your nose over the next couple of days.
- It is likely to have bloody mucus drainage from your nose for 24 hours, sometimes less, sometimes more. If it seems heavier than you would like, you can use Afrin/oxymetazoline soaked cotton balls placed just in the front of the nostrils to help slow it down. If blood is soaking through a dressing every hour, you may need to talk to the doctor on call.

Recovery from the Vivaer Nasal Airway Remodeling procedure

- Because no cutting or incisions are involved with the Vivaer Nasal Airway Remodeling Procedure, recovery is quick, and you'll likely experience a noticeable improvement in your nasal breathing right away. However, this will likely decrease over the next several hours

- You might experience some tenderness and inflammation at the site of treatment during your first few days after your procedure. If you have to blow your nose, be sure you do it gently and don't manipulate or pinch the treatment area.
- During your first few weeks after your treatment, you might experience some crusting and congestion at the site of treatment.
- It is okay to:
 - Blow your nose gently
 - Wipe your nose
 - Sneeze with your mouth open
 - Use Breathe Right strips or Max-Air nose cones
 - Eat, shower, and do what ever activity you feel up to doing
- Please do not:
 - Blow your nose forcefully
 - Pinch the nose