



## Dr Stansifer – VivAer Nasal Airway Remodeling After Care

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### You May Experience

- Tenderness and inflammation inside and around nostrils and some bloody mucus from nose and/or throat for a few days
- While you may experience immediate improvement in your nasal breathing right after the procedure, your nose will likely become quite congested over the next several hours and days
- Crusting inside your nostrils can last up to 3-4 weeks

### Instructions

- Pain control
  - Tylenol (acetaminophen) 500-650 mg every 6-8 hours and/or Motrin (ibuprofen) 400-600 mg every 6-8 hours as needed
- Sleep with your head elevated for the first 2-3 nights to reduce swelling
- Start TONIGHT:
  - **Mupirocin 2% ointment** will be sent to your pharmacy  
Coat inside of nostrils with pea sized amount on a q tip 3-4 times daily for 2-3 weeks
  - **Nielmed Nasal saline rinses** 2-3 times daily  
If not able to tolerate rinses, can use Simply Saline spray bottle
- Start TOMORROW:
  - **Prednisone 20 mg tablets**  
You can take this if you are very congested and/or experience tightness in the front of your nose. Take in morning.
- It is okay to
  - Wear glasses
  - Blow your nose gently
  - Wipe your nose
  - Sneeze with your mouth open
  - Eat, shower, exercise
  - Use breathe right strips

