



Dr. Huang's Post-Operative Instructions: VivAer Radiofrequency Remodeling of the Nose

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
- **Nasal saline rinses** or saline spray 2-3 times daily. Continue rinses until your first post op appointment
- It is okay to Wear glasses.
- Avoid blowing your nose – use your saline instead.
- Sneeze with your mouth open
- Eat, shower, exercise

Contact Dr. Huang's nurse at 402-403-3094 extension 123 OR Option #2 followed by Option #2 with any major issues