

Latera Nasal Implant Instructions

Southwest Ohio ENT Specialists

www.soents.com ---> patients tab ---> post op instructions

(937)496-2600

Prior to the procedure:

- You do not need to do anything special prior to procedure and you can drive yourself

The Procedure itself takes approximately 30-40 min to complete (about 30min to numb the nose and about 10min for the procedure).

The implant supports the upper and lower lateral nasal cartilage and is replaced with scar tissue over a period of approximately 18 months to prevent collapse of the nose when breathing.

Immediately after the procedure:

- It is normal to have some mild to moderate pain on the side walls of your nose. Mild swelling and bruising is also normal. There may be scant bleeding.
- I recommend talking over the counter pain medications as needed:
 - Ibuprofen (Motrin) 800mg every 8 hours as needed for pain
 - Acetaminophen (Tylenol) 1000mg every 6 hours as needed for pain
- It is OK to gently apply an ice pack to the nose/cheeks to help with swelling (10-15min at a time)

For the first 2 weeks:

- Avoid any firm manipulation of the nose
 - No nose blowing (use nasal saline instead to clean nose)
 - Sneeze with your mouth open
 - **DO NOT PLACE EYEGASSES/SUNGLASSES DIRECTLY ON THE BRIDGE OF YOUR NOSE.** This can cause the implant to shift before it scars in place.
 - I recommend avoiding wearing glasses if possible.
 - If not possible, then place a band-aid on the bridge of the nose to pad the area or tape/suspend your glasses up to your forehead or you can use a suspension device (www.nosecomfort.com)

