

Vivear Instructions

www.soents.com ---> patients ---> post op instructions
(937)496-2600

Before Procedure:

- You do not need to stop or change any medication prior to the procedure
- OK to eat
- You will be able to drive yourself

The Procedure itself takes approximately 30min to complete (about 20min to numb the nose and about 10min for the procedure).

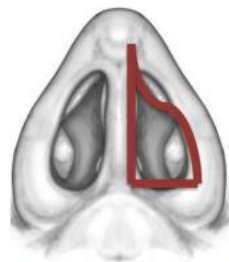


Figure 4. Obstructed Nasal Valve

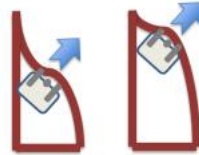


Figure 5. Vivaer repositioning and treating ULC

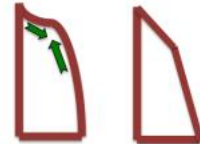


Figure 6. Contraction of ULC (left) and Healed ULC (right)

After the procedure:

- Expect mild to moderate pain and scant bleeding for the first 2-3 days.
- I recommend taking 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
- You may be supplied with an antibiotic ointment to apply to the nose afterward.
- Use a Sinus Flush (usually a Neil Med sinus rinse) 2-3 times per day to minimize crusting.
- **You will be more congested for the first 2-3 weeks after surgery**
 - Breathing will slowly begin to improve from 3 weeks up to 3 months.
- You will typically follow up with your doctor in 1-2 months.