

Minimally Invasive Nasal Procedures: Patient's Guide

CELON **VIVAER/RHINAER** **LATERA** **CLARIFIX** **BIOLASE**

Minimally invasive nasal procedures are designed to improve nasal breathing using cutting-edge technology with minimal tissue removal, faster healing and quick recovery with minimal pain or discomfort. They can be performed in the office, or in combination with other surgical procedures in the OR. Please refer to additional information materials provided to you for details about the specific procedure you are being scheduled for.

Preparing for your procedure (IF PERFORMED IN THE OFFICE)

- It is recommended that you eat a light breakfast.
- You may take all your medications, but please check with your surgeon if you take any **blood thinners** (anticoagulants, such as Eliquis, Xarelto, Plavix, coumadin or even high dose aspirin), as some of these need to be stopped ahead of the procedure.
- **If you have any cardiac conditions, please let your provider know immediately.**
- Avoid wearing makeup, mascara, false eyelashes, or eyeliner, as your eyes will probably tear during the injection of local anesthetic.
- It is recommended that you bring someone along to your procedure appointment. Some people experience vaso-vagal reactions (fainting) at the beginning or during the procedure (it tends to happen to patients that faint during blood draws), so you might not feel well enough to go back home by yourself.

What to expect after your procedure(s)

It is common to feel increased congestion after the first 24 hours, sometimes complete nasal blockage. The best way to treat it is with salt water (saline) spray and/or rinses (such as Ayr, Ocean Spray or NeilMed). If the congestion is too uncomfortable, you may use a nasal decongestant (such as Afrin) for a maximum of 2 doses in each nostril twice a day, and for no longer than 48-72 hours after the procedure. Afrin also helps if you have some oozing of blood from your nose after the procedure. It is important to continue using saline spray during the recovery period, as this will decrease the amount of crusting. This also makes the removal of some of these crusts less uncomfortable during your follow up visits. **You may blow your nose gently after the procedure.**

You will experience some numbness of the upper teeth (incisors) during and after the procedure, which is caused by the injection of local anesthesia (similar to when you go to the dentist). This numb sensation will wear off, but you should be careful when biting or chewing food, to avoid damage to your teeth or biting your lips.

Some procedures can occasionally cause bleeding from the nose, pain and headaches (similar to a "brain freeze"). This may require use of over-the-counter pain medications, such as Ibuprofen (Motrin, Advil) or Acetaminophen (Tylenol). It is recommended that you get your medications ahead of time.

If re-absorbable implants are used (LATERA), there is a small risk that these might extrude (come out prematurely through the inside or outside of the nose) and they might need to be replaced or removed completely. While the procedure is done in the inside of the nose, a small risk of change of the appearance of the external nose is a possibility, as well as infection, scarring, abscess, bruising or any other complications related to the placement of the implants.

You may resume light activity the day after the procedure. You should continue light to moderate activity for 1 week after your procedure.

If you are on CPAP therapy or use an oral appliance, we recommend continuing to use it if you can tolerate it.

Follow up

We usually ask patients to return 2-3 weeks after the procedure to remove any excess crusting from the nose (debridements) and check on how your nose is healing. If you experience severe bleeding from the nose, significant pain, swelling, or fever, we ask you to call us immediately, or go to the closest Emergency Room for evaluation.

If you have any questions or concerns, please don't hesitate to contact us.

24 Hours Answering Service: (619) 482-0565