



# Patient Instructions

## POSTOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING: VIVAER PROCEDURE

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### DURING THE FIRST FEW DAYS FOLLOWING YOUR PROCEDURE:

- You may experience some inflammation and tenderness at treatment site.
- You may experience some mild bloody discharge, especially after a nasal rinse.
- Call your doctor if you have any bright red bleeding or bleeding is heavy.
- If you need to blow your nose, please do so gently.
- Do not pinch or manipulate the treatment area.

### DURING THE FIRST 3 WEEKS FOLLOWING YOUR PROCEDURE:

- You may experience some congestion and crusting at treatment site.
- You may use nasal sprays/rinses, such as \_\_\_\_\_
- You may apply ointment to treatment area, such as \_\_\_\_\_

**Activities:** Most patients can return to normal activities the same day.

**Symptom improvement:** Most patients begin to see improvement between 2 and 6 weeks following the treatment.

**Please contact our office with any additional questions.**