

## Nasal Valve Repair

## Post Op Education



### Expect:

- Superficial crusting inside your nostrils. Avoid picking at this crusting
- Some tenderness when touching or wiggling the nose
- Minor bleeding can occur up to one week
- Mild swelling of nostrils can occur for a few weeks

### Instructions

- Apply any non-steroidal ointment twice daily (Vaseline, Aquaphor, Ayr gel)
- Use Nasal Saline Spray hourly while awake
- Avoid blowing nose or pinching nostrils together for one week
- You may use a Sinus Rinse with saline as needed
- Sneeze with mouth open
- If bleeding, apply Afrin or oxymetazoline twice daily up to 5 days and then stop
- Take any pain or antibiotic medication as prescribed
- May return to school or work next day if feeling well
- Follow-up in 1-2 weeks
- Other \_\_\_\_\_

### Examples of Products above



Saline Spray



Sinus Rinse



Nasal Gel



Afrin/Oxymetazoline