



Douglas R. Liepert, MD

Phone (574) 500-2010

Post Operative Vivaer Instructions

I hope your day has gone well for you. Today you underwent a surgical procedure to your nose completed under a local anesthetic. You will have received a regional nerve block so your nose will be numb for 4-6 hours. What you experience initially is discomfort due to the swelling inside the nose. Keeping the head elevated and using ice will help this. Most patients find adequate relief from Extra Strength Tylenol alternating with Ibuprofen. If this is not sufficient you may call the office for a prescription the following day.

Keeping the nose open is very important for healing. Sinus rinses and saline spray is very important. I recommend you use the rinse twice daily and the spray every 4 hours. If needed blow your nose gently. It is important to keep the nose clear, but if excessive draining occurs you may use Afrin for up to 3 days.

There are no dietary restrictions. You may resume exercise the following day.

Congestion will fluctuate for several weeks.

Most people find the maximal benefit after 6 weeks of healing.

Supplies Needed

Neil Med Sinus Rinse and bottled water
Saline Nasal Spray such as Ocean or Ayr
Afrin nasal spray

Day 1 – Rest with head above heart. Ice nose 20 min on 20 min off. Use Extra Strength Tylenol for discomfort. Change mustache dressing as needed. Use Afrin with increased bleeding.

Day 2 – Begin Neil Med Sinus Rinse twice a day and saline spray 4 times a day. You may do extra rinses and spray if needed. Continue Neil Med Rinse and saline spray until 2nd post-op visit. May start Flonase for congestion.

Do not put anything in your nose other than sinus rinse. Do not pick or manipulate your nose.

I hope these instructions are helpful but please contact the office if you have any questions.