

Post Op RhinAer Instructions

1. Do Not blow your nose or remove anything from your nose until you come back to see the physician for the first post op visit.
2. You may experience some mild bloody drainage which is normal. You may use Afrin nasal spray to help control the bleeding if needed.
3. You will need to use Nasal Saline Spray (ex Ocean Spray or Ayr) several times daily to keep the inside of your nose moist.
4. During the first 3 weeks following your procedure, you may experience some temporary congestion, increased sensitivity, and/or pain during the healing process.
5. You may use Tylenol as needed for pain.
6. Most patients begin to see improvement between 2-6 weeks following the treatment.