



Wesley D. VanderArk, MD  
Christopher J. Witt, MD

Phone: (717) 761-4844

## **Post Clarifix 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 a small amount of occasional nasal bleeding over the next 2 days 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 Most patients begin to see improvement between 7 days and 30 days post treatment.
- 5 You may have some discomfort for the first day. You may use Tylenol as needed.
- 6 Call the office if you have any questions or concerns (717) 761-4844.