

RHINAER[®] PROCEDURE

POST-TREATMENT INSTRUCTIONS

Patient Name _____ Procedure Date _____

DURING THE FIRST FEW DAYS FOLLOWING YOUR PROCEDURE:

- Avoid blowing your nose for the 1st week following your procedure.
- 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.
- Perform nasal rinsing as recommended.
- Keep the inside of your nose moist using a nasal saline spray, as recommended.

DURING THE FIRST 3 WEEKS FOLLOWING YOUR PROCEDURE:

- You may experience some temporary congestion, increased sensitivity, and/or pain during the healing process.
- If needed, you may use pain medications, such as _____
- We will discuss with you continuing usage of any rhinitis medications you are currently taking.

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.

ADDITIONAL NOTES:

PLEASE CONTACT OUR OFFICE WITH ANY ADDITIONAL QUESTIONS.