

Hill Country

Ear, Nose, and Throat, P.A.

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VivAer Procedure in Office (To improve Nasal Airway)

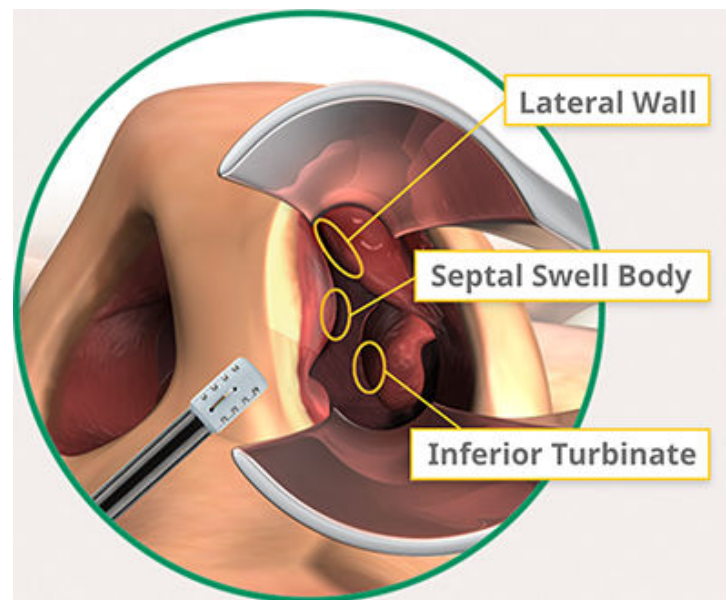
VivAer Procedures: These procedures are designed to improve nasal breathing in patients with nasal valve collapse and swelling of the nasal tissues (which may include the turbinates and swelling on the septum). The VivAer procedure uses a radiofrequency wand to gently remodel and shrink these tissues, to improve the nasal airway, and therefore improving nasal airflow. These procedures are non-invasive and no incisions are made. The results are excellent.

- ❖ 97% of patients experienced significant improvement in nasal breathing.
- ❖ 94% of patients had improved ability to get air through their nose during exercise/ exertion.
- ❖ 89% of patients say they get a better night's sleep.

What to expect the day of the procedure:

- ❖ Most patients will be able to do this procedure and drive themselves to the office.
- ❖ Dr. Lano will apply some topical and local numbing medicine in the nose.
- ❖ The procedure itself will take about 10-15 minutes.

What to expect after the procedure:



- ❖ Some soreness/tenderness in the nostrils and nasal opening for 1-2 weeks.
- ❖ Minor bleeding with runny or drippy nose for 1-2 weeks.
- ❖ Nasal airway will be improved initially, then you may be congested for 3-10 days after the procedure, but then improve.
- ❖ There may be some small nasal crusts at the surgical site for 1-2 weeks.

Care of the nose after the procedure:

- ❖ Expect minor amount of bleeding for a few hours or up to 1-2 days.
- ❖ Take Tylenol or Advil if the nostril is sore or tender.
- ❖ Keep head elevated for 1 week, use 2-3 pillows at night. Don't bend or lift for 2 days.
- ❖ Don't do activities that are strenuous or dust or dirty for 2 days.
- ❖ Use a nasal saline spray (ocean or ayr) in the nose 2 times daily for 10 days.
- ❖ Use a bit of antibiotic ointment, in the nose 2 times daily for 10-14 days, this keeps the minor nasal crusts to a minimum. You can apply with a Q-tip.
- ❖ You will have to follow up with Dr. Lano within 3-4 weeks after surgery.

Frequently asked questions:

- ❖ What are the risks? They are rare, but, bleeding, scarring, septal perforation, etc.
- ❖ Is it covered by insurance? YES, Medicare and some insurance companies cover this.
- ❖ Can this be performed with other procedures? YES, sometimes a turbinate out fracture is done the same day.

Call Dr. Lanos office at 830-629-5830 if you have further questions.

