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LATERA NASAL STENT NASAL VALVE CORRECTION

POST PROCEDURE INSTRUCTIONS

- Week 1
 - Do not pinch or blow the nose. You may gently sniff in and swallow or spit out any mucus or secretions.
 - Avoid moving the nose side to side
 - Avoid getting the nose bumped or hit
 - Sneeze with mouth open
 - Do not place any object into the nose (cotton applicators or tissues)
 - If you wear glasses, place a small piece of tape on the bridge and tape the glasses to the forehead to avoid pressure in the upper nose

- Week 2
 - Avoid aggressive or unnecessary movement of the nose side to side
 - Avoid moving the nose side to side
 - Avoid getting the nose bumped or hit.
 - Do not place any object into the nose (cotton applicators or tissues)
 - If you wear glasses, place a small piece of tape on the bridge and tape the glasses to the forehead to avoid pressure in the upper nose

- Week 3-4
 - Do not place any object into the nose (cotton applicators or tissues or cotton balls)

Remember, your recovery is a process, not an event.