

## **IN OFFICE CLARIFIX CRYOTHERAPY PRE-OP MEDICATION INSTRUCTIONS**

### **MEDICATIONS**

#### **PRESCRIPTIONS**

- Pain medication (NORCO)
- Anti-anxiety (VALIUM)
- Anti-nausea (ZOFRAN)

#### **OVER THE COUNTER MEDICINE**

- Afrin Nasal Spray
- Saline Nasal Spray

### **THE DAY BEFORE**

- Complete your pre-op phone call with our office for instructions and time of arrival
- The Norco, Valium, and Zofran will be called in to your pharmacy.

### **THE DAY OF PROCEDURE**

#### **90 MINUTES PRIOR TO ARRIVAL TIME**

- TAKE \_\_\_ VALIUM AND \_\_\_ NORCO (quantity will be given at pre-op call)

#### **60 MINUTES PRIOR TO ARRIVAL TIME**

- 4 SPRAYS OF AFRIN TO EACH SIDE OF NOSE

**BRING ALL OF THESE MEDICATIONS WITH YOU TO YOUR APPOINTMENT AND MAKE SURE YOU HAVE A DESIGNATED DRIVER.**

Dress comfortably in something you wouldn't mind getting blood on as you may have some bleeding. We keep the procedure room cold so bringing a blanket is suggested if you get cold easily. You can expect to be at our office for a minimum of 1 hour. You are allowed ONE guest in the room with you during the numbing process but once the procedure begins, they must wait in the waiting room and will be notified when the procedure is complete.

## POST-OP IN OFFICE CLARIFIX CRYOTHERAPY INSTRUCTIONS

### After your procedure:

- Wait 30-60 minutes before eating or drinking anything after the procedure. First take small sips of water to make sure your throat is no longer numb. You may eat a light lunch/dinner, and relax for the remainder of the day while the medications wear off. You may resume regular diet the next day.
- Common side effects include temporary pain and discomfort, headache, facial pain, dry nose, and ear blockage. Sipping on warm liquids can help reduce these symptoms.
- It is recommended that you don't blow your nose for the first week after treatment.
- Rinse your nose at least twice a day with saline irrigations for 2 weeks unless instructed otherwise.
- In general, as with any nasal treatment, you may experience increased sensitivity, congestion, and/or pain during the healing process. Use the prescribed pain medication as needed.
- You may experience a small amount of occasional nasal bleeding over the next few days which is normal. Call our office if bleeding lasts longer than 15 minutes.
- Most patients begin to see improvement between 14 and 30 days after the procedure.
- Schedule a follow-up appointment for 2-4 weeks.
- If you have severe nausea or headaches, heavy uncontrollable nosebleeds, or have other questions about your recovery, please call our office. A phone number is listed on our answering machine that will get you in touch with the physician on call if after hours.