



CommunityENT

EAR • NOSE • THROAT • ALLERGY

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Clarifix Post Operative Instructions

The Clarifix is a procedure done in the office to help you with your drippy nose.

After the procedure your nose may feel sore and you could have an increase in nasal congestion. Some patients may experience a headache after the procedure. As with any nasal surgery, nasal bleeding is always a possibility.

For one week after the procedure you should NOT blow your nose.

You should use the following nose sprays:

Afrin Nasal Spray: 2 sprays in each nostril twice daily x 1 week

Ocean Saline Spray or Xlear Saline Spray: 2 sprays in each nostril 4 times a day x 1 week.

The saline spray will help your nose heal and the Afrin spray will prevent bleeding. In our experience patients that diligently use the saline spray will have a quicker recovery and a better outcome.

Expect the final results in 2-6 weeks after your procedure. Approximately 80% of patients report significant reduction in nasal drainage and congestion.

When should I call the office?

Call the Office if:

- You develop a fever, have redness, swelling or increasing pain in your nose
- If you have a nosebleed that you cannot control within 15 minutes

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