



DALLAS
ENT
GROUP

Adult and Pediatric Otolaryngology
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In-Office Balloon Sinuplasty Instructions

Please read the following instructions and information about what to expect following your in-office balloon sinuplasty procedure.

Possible Side Effects:

- Bleeding
- Colored and/or bloody nasal drainage for several days, up to a week
- Mild to moderate pain/discomfort
- Congestion for up to 2 weeks
- Swelling (especially the morning after surgery)

Things to Do:

- Nasal Rinse
 - Using a saline sinus rinse kit, such as the NeilMed Sinus Rinse kit found in stores, you will need to irrigate your sinuses.
 - Beginning 48 hours after your procedure, perform the irrigation (one full bottle) 2-3 times a day until your first post-op appointment.
 - Instructions for how to use the rinse will be included with the kit.
 - This will help with any crusting and facilitates your post-operative cleaning in the office.
- To minimize morning swelling and nasal congestion, sleep with your head elevated on several pillows for 2-3 days.
 - Use Afrin Nose spray twice daily for no longer than 3 days if needed for nasal stuffiness/congestion.
- There are no diet restrictions- you may continue with your regular diet immediately following the procedure.

Things to Avoid:

- **DO NOT BLOW YOUR NOSE!**
 - **Blot—DO NOT WIPE—from the end of your nose.** Blowing your nose risks significant bleeding. Abstain from blowing your nose for 1 week after the procedure. After 1 week, you may gently start blowing your nose again.
- If you have to sneeze, do so with an open mouth. This will prevent excessive pressure build up and bleeding from the nose.



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- Activity for 5 days after the procedure:
 - Do not lift or move heavy objects. This includes lifting children, groceries, backpacks, etc. Gradually work your way up to your usual routine.
 - Avoid any type of contact sports as any strong blow to the nose could disrupt the results of the procedure.
 - Avoid any type of aerobic exercise that elevates your pulse above 90. When your pulse rises, the accompanying rise in blood pressure can cause bleeding.
- **DO NOT** take aspirin, aspirin containing products or other blood thinners for 48 hours after the procedure, unless otherwise discussed with your doctor. This includes Ibuprofen.
- **DO NOT** smoke. Avoid secondhand smoke and other fumes that can irritate the nose.

Post-Op Medications:

- You will be given a prescription for pain medication. Take a pain pill before bed the night of surgery and the next morning (preferably after you have eaten in order to avoid stomach irritation). If you have any adverse reactions to the pain pills we provide you, you can take extra-strength Tylenol instead. Pain medication is rarely needed for more than 3-4 days following surgery.

What to do when you get a nosebleed:

- Step 1
 - To help stop the bleeding, sit or stand up straight
 - Lean your head forward (not back)
 - Gently pinch the soft part of your nose for 15 minutes.
- Step 2
 - If bleeding continues, use Afrin nasal spray in the affected nostril.
- Step 3
 - If bleeding continues, repeat Step 1

Contact our office if:

- You notice a change in vision
- You notice bruising/swelling around your eyes
- You have a fever $\geq 102^{\circ}\text{F}$
- You have persistent bleeding