



## POST BALLOON SINUPLASTY INSTRUCTIONS

- You should expect to have nasal congestion that lessens in intensity over the course over the first 7-10 days following the procedure
- Flush your nose with 4-5 heavy squirts of saline or Ocean spray in both nostrils 4-5 times/day for the first 4-5 days after the procedure
- You may use oral Sudafed or equivalent nasal decongestants (Afrin nasal spray) 2 times per day for 4-5 days after the procedure, but try not to use both on the same day
- It is ok to blow your nose
- It is ok to resume normal activities as you feel you can tolerate, even on the day of the procedure
- You may return back to work the same day, if you feel up to it, and haven't had any sedation (Valium)
- If you have had any sedation on the day of your procedure, you are not allowed to drive or operate heavy machinery
- If you experience more than minor nasal bleeding, you can place cotton balls on the affected side(s) as needed, and change them as needed
- You can convert from your prescription pain medications to Alleve, Advil or Tylenol the next day after your procedure if desired
- Take your normal medications as needed
- If you have discontinued a blood thinner, you may resume taking it one day after the procedure
- Please call (561) 793-3363 if you have any further questions or visit our website at [www.DrRajaSinusRelief.com](http://www.DrRajaSinusRelief.com)

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