

RED RIVER E.N.T. ASSOCIATES

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BALLOON SINUPLASTY INSTRUCTION SHEET

What to bring

Wear comfortable clothes.

Bring music with earphones for play during the procedure if desired.

Bring a family member or friend to drive you home from office.

Bring pain medications with you to the procedure.

PROCEDURE PREPARATION

If your procedure consent has already been filled out, take prescribed Ativan 30 minutes prior to your appointment time. Otherwise, you will take the Ativan after arrival and signing of the consent form.

The first 20-30 minutes of your visit will be spent decongesting and numbing your nasal passages. You can expect to feel numbness in your throat as well, which can give you the sensation of difficulty swallowing and/or breathing. This is a normal side effect of the numbing process.

Once your physician has adequately numbed your nose, you will be led into the procedure room. Up until this point, your family members may be with you.

PROCEDURE

You will be awake for your procedure.

You may feel some discomfort or pressure with inflation of the balloon although it is for a very short duration, usually a couple seconds.

You may hear the tissue or bone remodeling during the balloon inflation. This is normal and a sign that the passage is being dilated.

If at any point you are unable to tolerate the discomfort, please let your physician know.

The lights will be turned down in the procedure
Your physician and assistants will be present to assist during the procedure.

WHAT TO EXPECT AFTER THE PROCEDURE

Generally, after balloon sinuplasty, patients are not given prescription antibiotics. This is at the discretion of your surgeon and may change based on findings during the procedure.

You can expect to have a mild headache, intermittent bleeding, and a pressure in your nose after the procedure. This should improve as the swelling goes down.

You may have difficulty breathing through your nose or experience some congestion. This is a side effect of the swelling in your nose from the procedure. This should improve as the swelling goes down.

You will need to flush both of your nasal passages at least three times a day with saline rinse. It is very normal to have mild bleeding or small blood clots in the saline flush. If there is active bleeding that does not stop with pressure after minutes, you need to notify your physician.

Discontinue any allergy nasal spray for one week after the procedure unless your physician instructs you otherwise.

You may have a normal diet after procedure.

You may return to work the day after the procedure.

No strenuous activity for 48 hours after the procedure.

FOLLOW-UP

We will make a one week follow-up on the day of procedure. At that appointment, they will examine your nasal cavity with a scope to ensure normal healing of the nasal passages.

During your recovery period please notify your physician or present to the emergency room for any difficulty breathing, high fever above 102, persistent bleeding, or any other urgent concern.