

IN OFFICE BALLOON SINUS DILATION INSTRUCTIONS

In Office Balloon Sinus Dilation is a minimally invasive method to correct sinus blockage that results in recurring or chronic sinus infections.

You have been scheduled for this in office procedure and these instructions will be helpful in both preparing you for the procedure and helping you manage after the procedure.

The office will give you an appointment time to arrive at the office. Please call the office (210-615-8177) between 10 am and noon THE DAY BEFORE the office procedure to get the time. Dr. Browne usually performs the surgery starting in the morning through the early afternoon. We will be sending a prescription for an antibiotic and a steroid to your pharmacy the day before. The steroid will be started the morning of surgery (prednisone 40 mg) and taper over the week after the procedure. If you are diabetic you will not be given a steroid unless specifically discussed with Dr. Browne. You will begin taking the antibiotic the evening of the balloon sinus dilation procedure.

On the day of the surgery have your regular meals. You may eat and drink prior to the procedure. Spray Afrin Nasal Spray (2 sprays each nostril when you leave home) and make sure you have taken the Prednisone 40 mg. Some patients prefer to take a mild sedative that can be prescribed (valium 5 mg) and you should take it one hour before your surgery appointment. Some patients find it helpful to take two Tylenol or Advil before coming to the office as well. It seems to help with a headache that some people experience after the procedure. You should take any other medicines that you routinely take according to your schedule.

It is permissible to drive yourself to and from your appointment. However, if you take the valium, you should have someone drive you to and from the appointment. The In Office Balloon Sinus Dilation is done with a combination of topical and local anesthesia.

The In Office Balloon Procedure.

You will be seated and reclined for the procedure and additional numbing and decongesting spray will be used first. Then Dr. Browne will place a small strip of cotton in each side of the nose to further numb the area. He will follow this with a small amount of anesthesia by injection. This is very similar to what a dental procedure numbing process is like. You will be awake during the procedure and be able to communicate any concerns you may have if any. The local anesthesia is quite effective and some patients even experience a numb throat which creates an

odd swallowing sensation but it typically resolves by the end of the procedure. The procedure takes about 45.

After the procedure, you will go home as soon as you feel ready. Many people drive themselves but feel free to bring someone with you. The procedures are usually associated with a little bleeding, mainly from the lower turbinates, which are commonly reduced during the procedure. On occasion some patients will have some increased bleeding when the local anesthesia wears off. This usually resolves with within a few hours. It will be helpful to gently blow the nose to clear any clotted blood and spray additional Afrin in your nose. This can be done as frequently as every few on the day of the procedure.

Post Procedure Care

Dr. Browne suggests going home and taking it easy after the procedure for that day. Within a few hours, all of the effects of the nasal medicines will be gone. If there is discomfort, you can take Tylenol (acetaminophen), Advil Motrin (ibuprofen) or Aleve (naproxen). Usually, strong prescription pain medicine is not necessary. You can use the Afrin spray every 3-4 hours for a few doses to stop any residual bleeding. You will take your antibiotic that evening and resume a regular diet. You can resume any other medications including those for allergies.

Take Prednisone as prescribed also. This is done in one dose daily in the morning.

Begin saline rinses with either a spray such as Ocean or Simply Saline or a Neil Med rinse /Neti pot device at least once daily until your postoperative visit.

You may return to any activities desired on the day after surgery including exercise.

If you have any questions or concerns call the office 210-615-8177 (24 hrs)

You can also refer to our SASinus Website: www.Sasinus.com for additional information about Balloon Sinus Dilation.