

Balloon Sinuplasty/ Turbinate Reduction

Post- Operative Instructions

PROCEDURE

- You will be awake for your procedure if performed in the office. You have the option to have general anesthesia if performed in surgery center.
- 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 Dr. Dent know.
- The lights will be turned down in the procedure room.
- Dr. Dent and a medical assistant will be present to assist the procedure.

WHAT TO EXPECT AFTER THE PROCEDURE

- Generally patients are not given prescription antibiotics or pain medication. This may change based on the findings during the procedure.
- After the procedure, Tylenol 500mg 1-2 tablets every 6 hours for the first day is recommended.
- You can expect to have a mild headache, intermittent bleeding, and pressure in your nose after the procedure. This should resolve 24-48 hours after the procedure.
- You may have difficulty breathing through your nose or experience some congestion. This is a side effect of the swelling in your nose from your 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 a 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 15 minutes, you need to notify Dr. Dent. If you cannot get ahold of Dr. Dent go to the emergency room.
- Do not blow your nose for 1 week. This could cause bleeding.
- If you have to sneeze open your mouth and let the air leak out of your mouth rather your nose.
- Sleep with your head elevated on 2-3 pillows for a couple days after the procedure, this will help keep swelling down.
- Discontinue any allergy nasal sprays for one week after the procedure unless Dr. Dent instructs otherwise.
- No strenuous activity for 48 hours after the procedure.
- You may have a normal diet after the procedure.
- You may return to work the day after the procedure.
- You may resume all of your regular medications except for blood thinners and aspirin which we will discuss with you on an individual basis.

FOLLOW-UP

- After the procedure it is necessary to have 2-3 follow up appointments with Dr. Dent.
- During your recovery period please notify Dr. Dent or present to the emergency room for any difficulty breathing, high fever above 102 degrees, persistent bleeding, or any other urgent concern.