

Balloon Sinus Dilation

Post-procedure Instructions

Special Instructions

- Start nasal saline (NeilMed® Sinus Rinse) the day of surgery. Use 2-3 times daily until your first follow-up visit.
- Do not drive while taking narcotic pain medications.

Medication

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- Antibiotics and steroids will be prescribed if deemed necessary by your surgeon.
- If you were previously taking aspirin or other blood-thinning agents, you may restart these 3 days after the procedure unless instructed differently by your doctor.

Activity

- Limited activity for 1-3 days. Do not lift more than 30 pounds during this time, but you may do some limited aerobic exercise as tolerated.

Diet

- No restrictions.

Postoperative Follow-up Appointment

- Usually 2 weeks after the procedure. Call 636.441.3100 should you need to reschedule or confirm.

What to Expect

- Minor bloody discharge from the nose is to be expected for up to one week after surgery. Should you experience a true nosebleed, lay in a reclined position, instill 2 sprays of Afrin® to each nare, and hold pressure for 10 minutes. Call the office at 636.441.3100 should it fail to resolve.
- Discomfort will gradually improve over the first few days and should respond to pain medication. Use ice packs over the face as necessary.

When to Call

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
 - Excessive bleeding, or development of discolored nasal drainage
 - Adverse reactions to prescribed medications, such as rash or vomiting
 - Fever >101.4° that does not respond to Tylenol® or Motrin®