

Southwest Ear, Nose & Throat

Head & Neck Surgery
Allergy & Sinus
Hearing & Otology

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Instructions for Balloon Sinuplasty

Introduction

You will be given an appointment with Dr. Prater's medical assistant, Ierece, 10 days prior to your scheduled procedure. At this visit, Ierece will go over the medications, procedure, and what to expect before and after. Any questions you may have will be discussed at this time.

Medications

- You will be prescribed Prednisone or Medrol (steroid) and Pulmicort irrigations. Pulmicort irrigations **MUST** be filled at the Apothecary Pharmacy located at 1840 Mesquite Avenue, Ste. E, LHC, AZ.
- Afrin nasal spray is over the counter and can be purchased at any drugstore.
- Tylenol Extra Strength is recommended for pain and headache.
- **Aspirin and any other blood thinner are contraindicated for the Balloon Sinuplasty procedures. Aspirin/blood thinners are to be discontinued 5 days prior to the scheduled procedure. Please consult your prescribing physician prior to stopping any medication.**

Pre-Procedure Instructions

- Start the Prednisone or Medrol dose pack as directed the Monday prior to the scheduled Balloon Sinuplasty procedure.
- Make plans for someone to drive you to and from your appointment, and to be with you for the first 24 hours after the procedure.
- Do not eat or drink anything after midnight the night before the procedure. If you take blood pressure medication in the morning, please take the medicine with a small sip of water 2 hours prior to the procedure.
- Take Tylenol Extra Strength (500mg) 2 hours before the procedure.
- Beginning one hour prior to scheduled Balloon Sinuplasty procedure spray Afrin (nasal decongestant/oxymetazoline) in each nostril. Repeat this step every 15 minutes.

Post-Procedure Instructions

- **NO BLOWING YOUR NOSE FOR ONE MONTH.**
- Begin the Pulmicort nasal irrigations one week after the procedure.
- Tylenol Extra Strength (500mg) as directed for pain. Do not exceed 4000 mg of Tylenol in a day.

- Do not take aspirin, aspirin containing products or other blood thinners for 48 hours after the procedure unless you have discussed otherwise with your physician. This includes Ibuprofen.
- To minimize morning nasal congestion, it is helpful to sleep with your head elevated at 45-degree angle.

Activity and Restrictions

- Wait 72 hours after the procedure to begin gradually increasing your activity level.
- Running errands or light work is allowed.
- No heavy lifting greater than 10 lbs. for the next 2 weeks.
- No swimming or chlorine pool exercise until 2 weeks after surgery.
- No flying for 2 weeks.

Recovery Period and Healing

- We routinely recommend 10 to 14 days off work. Some patients feel well enough to return to work within 7 to 10 days.
- Most patients are healed within 6 weeks.