

## Balloon Sinuplasty and Eustachian Tube Dilation: Patient's Guide

### Balloon Sinuplasty   Eustachian Tube Dilation

Balloon sinuplasty technology offers a cutting-edge, minimally invasive approach to treat blockage of the sinuses and Eustachian tube openings without cutting or removing tissue. These procedures can be performed in the office, under local anesthesia and/or light sedation, which helps you avoid general anesthesia. Recovery is faster, allowing you to return to normal activities and work sooner, with less pain and discomfort.

### Patient Instructions

1. Arrive **30 minutes prior** to your procedure. You will need to take medications in preparation for the procedure, so it is very important to show up in time so that these medications have time to take effect. **You need to bring along someone that can wait for you during the procedure.**
2. We recommend a light meal in the morning prior to the procedure.
3. Avoid wearing make-up, eyeliner, mascara, or false eyelashes on the day of your procedure.
4. **You will need a designated driver to bring you back home.**
5. **You may take Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) as needed for pain prior to your surgery.**
6. **STOP ALL BLOOD-THINNING MEDICATIONS 10 DAYS PRIOR** to your procedure. This includes medications such as Xarelto, Eliquis, Coumadin (Warfarin), Lovenox, and Plavix, among others. If you are taking any other potentially blood-thinning medications, you must notify your doctor of this **immediately**.
7. **STOP ALL ASPIRIN AND ASPIRIN CONTAINING PRODUCTS 10 DAYS PRIOR** to the procedure. This includes medications such as Excedrin, Bayer Aspirin, BC powder, etc.
8. **STOP ALL ANTI-INFLAMMATORY MEDICATIONS 10 DAYS PRIOR** to the procedure such as Aleve, Celebrex, Indocin, Toradol, Naprosyn.
9. **STOP ALL VITAMINS and/or FISH OIL 10 DAYS PRIOR** to the procedure.
10. **PRESCRIPTIONS WILL BE CALLED IN TO YOUR PHARMACY. PLEASE PICK THEM UP AND BRING THEM WITH YOU TO YOUR PROCEDURE. DO NOT TAKE THESE PRESCRIPTIONS AHEAD OF TIME! YOU WILL TAKE THEM AT THE OFFICE.**

## What to expect after your procedure(s)

It is common to feel increased congestion after the first 24 hours, sometimes complete nasal blockage. The best way to treat it is with salt water (saline) spray and/or rinses (such as Ayr, Ocean Spray or NeilMed). If the congestion is too uncomfortable, you may use a nasal decongestant (such as Afrin) for a maximum of 2 doses in each nostril twice a day, and for no longer than 48-72 hours after the procedure. Afrin also helps if you have some oozing of blood from your nose after the procedure. It is important to continue using saline spray during the recovery period, as this will decrease the amount of crusting. This also makes the removal of some of these crusts less uncomfortable during your follow up visits. **You may blow your nose gently after the procedure.**

You will experience some numbness of the upper teeth (incisors) during and after the procedure, which is caused by the injection of local anesthesia (similar to when you go to the dentist). This numb sensation will wear off, but you should be careful when biting or chewing food, to avoid damage to your teeth or biting your lips.

Some procedures can occasionally cause bleeding from the nose, pain and headaches (similar to a "brain freeze"). This may require use of over-the-counter pain medications, such as Ibuprofen (Motrin, Advil) or Acetaminophen (Tylenol). It is recommended that you get your medications ahead of time.

If you are on CPAP therapy or use an oral appliance, we recommend continuing to use it if you can tolerate it.

You may resume light activity two days after the procedure. You should continue light to moderate activity for 1 week after your procedure.

## Follow up

We ask patients to return 1 week after the procedure to remove any excess crusting from the nose (debridements) and check on how your nose is healing. If you experience severe bleeding from the nose, significant pain, swelling, or fever, we ask you to call us immediately, or go to the closest Emergency Room for evaluation.

If you have any questions or concerns, please don't hesitate to contact us.

**24 Hours Answering Service: (619) 482-0565**