

In Office Balloon Sinuplasty Post Operative Instructions

In most cases, patients are able to resume normal activity the day after the procedure. Mild discomfort is also normal and is expected with any surgical procedure. Take your pain medication as needed, but driving is prohibited while taking Narcotic medications.

It is very common to have significant nasal congestion and trouble breathing through your nose for up to a week. It is also relatively common to have some colored and/ or bloody nasal drainage for several days and up to a week.

To minimize discomfort and achieve the best surgical outcome, please follow the following instructions.

- **AFRIN NASAL SPRAY** (available over the counter) is to be used 2-3 times a day for the first three days postoperatively.
- Rinse your nose, starting this evening with the Sinus Rinse bottle you were provided. Repeat this process 2 times daily for the first 3 days, you may continue this dose or taper to 1 time daily after the 3rd day.
- After the first three days, or as needed in addition to the Saline Rinse, please use 4 sprays of nasal saline in each nostril every 4 hours while you are awake.
- Absolutely no nose blowing for the first 3 days after your procedure. After that you may GENTLY blow your nose. If your nose bleeds after blowing wait an additional 12 hours before attempting it again. If your nose is very clogged you may want to increase your nasal rinse and sprays to as often as you want.
- To minimize morning nasal congestion, it is helpful to sleep with your head elevated with several pillows for 2-3 days. If this is not comfortable or possible, you will do no harm by sleeping flat, however you may be more congested in the morning.
- Do not take Aspirin, or other medications containing blood thinners for 48 hours after your procedure. This includes Ibuprofen. Tylenol if safe to take.
- Wait 12 hours after your procedure to resume normal exercise.

Unfortunately it is common to feel as though you may have a sinus infection due to the swelling caused by the procedure. DO NOT BE DISCOURAGED! It may take several weeks for the final outcome.

Please do not hesitate to call if you have any questions or concerns.

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