



AWAKE BALLOON SINUPLASTY INSTRUCTIONS

We want you to be comfortable and prepared for your procedure. Please wear comfortable clothes. You must have someone to drive you to and from your procedure. They must remain in the office for the duration of your appointment. This is office policy.

PROCEDURE PREPARATION

- If your procedure consent has already been filled out, and you were prescribed Valium, take as directed by preop nurse or doctor. Otherwise, do not take the Valium prior to arrival and signing of the form.
- The first 20 minutes of your visit will be spent decongesting and numbing your nasal passages. You may have numbness in your throat as well, which can give you the sensation of difficulty swallowing and/or breathing.
- Once your physician has adequately numbed your nose, you will be led into the procedure room.

PROCEDURE

- You will be awake for your procedure, but comfortable after being numbed, and your physician will explain the steps of the procedure to you. The lights will be turned down in the procedure room to create a calm environment. Music may be played if that is your preference.
- You may feel some brief discomfort or pressure and hear the tissue or bone remodeling during the balloon inflation. This is to be expected while the sinus opening is dilated.

WHAT TO EXPECT AFTER THE PROCEDURE

- Take your first dose of ibuprofen (400mg is recommended) at home 4 hours after completion of your procedure and then repeat every 6 hours as needed, or alternative medication as directed by your physician.
- You can expect to have a headache, intermittent bleeding, congestion, and pressure in your nose after the procedure. This will gradually improve but can last for 2 weeks.
- On the day of the procedure, do your first rinse 2 hours after procedure completion (we will provide you with the initial rinse supplies) and try to get at least 2-3 rinses in that day, continue to rinse 4-5 times per day until you are seen back in the office for follow up. Do not blow your nose. You will need to obtain additional rinse supplies at your local pharmacy.
- You are expected to have mild bleeding or small blood clots in the saline flush. If there is bleeding that does not stop with pressure after 15 minutes, please contact our office at 972-731-7654.
- You may restart oral allergy medication immediately. You may restart any allergy nasal sprays the second day after the procedure.



- It can be very common for your throat to burn and be numb for 2 hours after the procedure from the numbing medicine dripping down, for that reason, do not eat or drink anything for 2 hours after the completion of the procedure. Start with a bland diet, and then start your regular diet the next day.

BLEEDING

- Bright red to light red drainage from the nose is normal for 3-6 days following surgery. The outside gauze dressing needs to be changed when soiled or saturated. A 4 x 4 gauze pad folded in half over the nostrils, held in place with a strip of paper tape is sufficient. It can be normal to change the dressing 12-24 times over the first 24 hours. If the bleeding is more significant than this, the please use the following steps:
 1. Perform a vigorous saline rinse
 2. Gently blow your nose (to get the clots out)
 3. Spray 4 sprays of OTC Afrin Nasal Spray (or decongestant spray) in each nostril every 4 hours as needed
 4. Hold pressure (pinch entire nose closed, both sides) for 20 minutes

FOLLOW-UP

- You should be seen about 1-2 weeks after surgery in the office. This appointment should have been made by your doctor's **Surgery Coordinator** at the time of scheduling the surgery. If you are unsure if you have a post operative appointment scheduled, please reach out to your doctor's **Surgery Coordinator** to verify your post operative appointment.
- At that appointment, your physician will examine your nasal cavity with a scope to ensure normal healing of the nasal passages and clear any drainage from the nose and sinus cavities.

WHEN SHOULD I CONTACT MY DOCTOR'S OFFICE:

- Excessive, bright red bleeding that **DOES NOT** respond to the measures described above
- Double or blurred vision
- Decreased ability to move or close eyes, or eye pain
- Fever over 102 degrees Fahrenheit that **DOES NOT** respond to Tylenol or Motrin. The fever may go up and down but as long as it responds to Tylenol or Motrin, it is OK to monitor