



Balloon Sinuplasty (In-Office)—Postoperative Instructions

After a Balloon Sinuplasty procedure it is normal to experience a short period of mild discomfort that may include: nasal congestion and sinus pressure, difficulty breathing through the nose, a modest amount of bleeding, and headache.

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

Activity

- ◆ In most cases, patients are able to resume normal activity the day after the procedure.
- ◆ To help minimize morning congestion, sleep with your head elevated on 2-3 pillows if possible.
- ◆ Avoid blowing your nose for 2-3 days after surgery; then you may gently wipe and blow your nose with a tissue as needed. When you sneeze, keep your mouth open.

Medications / Pain Management

- ◆ For mild pain or discomfort use Tylenol. Avoid aspirin and ibuprofen (e.g. Motrin, Advil) for at least two (2) days after the procedure as these can increase the chance of bleeding.
- ◆ Prescription pain medications are not typically required for in-office Balloon Sinuplasty recovery, but can be prescribed if Tylenol is not controlling pain adequately. Alert your doctor if significant pain is an issue.

Bleeding

- ◆ A small amount of blood-tinged drainage is normal.

Nasal Rinsing

- ◆ Use nasal saline spray (Ocean® nasal spray) or saline irrigations (NeilMed® sinus rinse) in accordance with your doctor's instructions.

(continued on back)

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Diet

- ◆ No dietary restrictions.

Emergencies

- ◆ Call our office immediately if you develop the following:
 - ◆ Fever greater than 101.5 degrees Fahrenheit
 - ◆ Excessive, prolonged bleeding
 - ◆ Progressive, unrelenting pain/headache
 - ◆ Visual disturbance (e.g. blurriness of vision, double vision)

If you experience any of these symptoms, please call our office and speak with your surgery scheduler at **727-216-0700, Option 7**. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

Clearwater

Office: 727-441-3588

1330 South Fort Harrison • Clearwater, FL 33756

Countryside

Office: 727-791-1368

3190 McMullen Booth Rd • Clearwater, FL 33761

Dunedin

Office: 727-450-0560

646 Virginia Street, 3rd Floor • Dunedin, FL 34698

Facial Aesthetics Center

Office: 727-446-FACE (3223)

1320 South Fort Harrison • Clearwater, FL, 33756

Largo

Office: 727-397-8551

8787 Bryan Dairy Road, Suite 170 • Largo, FL 33777

Port Richey

Office: 727-819-0368

11031 US 19, Suite 104 • Port Richey, FL 34668

St. Petersburg

Office: 727-767-0933

6540 4th Street North, Suite C • St. Petersburg, FL 33702

Tampa

Office: 813-925-5000

8561 W. Linebaugh Avenue • Tampa, FL 33625

Trinity

Office: 727-247-1234

11320 State Road 54 • Trinity, FL 34655



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