ENT Associates

Making sense of your family's hearing, sinus and throat problems

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.

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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 **727-791-1368** during office hours and follow the prompts to speak to a Medical Assistant. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

SCAN ME

For office address and contact information:

Clearwater	Facial Aesthetics Center	St. Petersburg
Countryside	Largo	Tampa (Westchase)
Dunedin	Spring Hill	Trinity