



# CommunityENT

EAR • NOSE • THROAT • ALLERGY

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## **Balloon Sinuplasty Post-Operative Instructions**

### **What is Balloon Sinuplasty?**

Our in-office balloon sinuplasty surgery is a safe, highly effective solution to blocked sinuses, structural nasal issues, and chronic drainage difficulties.

### **What happens during the procedure?**

Under local anesthetic, a small balloon is inflated in the openings of the nasal sinus cavities to drain and unblock sinuses.

### **What are the risks of the procedure?**

Risks are trauma to mucosal tissues, infection and potential injury to the eyes.

### **What should I do after the procedure?**

You should rest quietly after the procedure for the remainder of the day.

**NO NOSE BLOWING FOR 1 WEEK**, and only gentle blowing afterwards.

The surgery causes small breaks in some of your sinus bones and nose blowing can cause air to be blown into the eye or frontal lobe of your brain.

The medications you take right before the procedure can make you drowsy. You should not operate a car, heavy machinery or go to work the rest of the day. You should use Tylenol, Motrin or Aleve for any pain after the procedure.

Right after the procedure you should start using the following nasal sprays:

Use Afrin 2 puffs in each nostril twice a day for one week

Use saline spray 2 puffs in each nostril three times a day for one week

You may return to work in 1-3 days.

**When should I call my Doctor?**

If you have any trouble with your vision, lots of clear drainage from your nose, swelling around your eye or any facial swelling or bleeding that doesn't stop, you should call our office immediately.

502-425-5556 ext 315

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