

Balloon Sinuplasty - Post Operative Instructions

Surgery

Balloon sinuplasty can be done in the office with local or general anesthesia, typically for less than one hour.

If you have local anesthesia, you may have numbness of the nose, face, throat, and upper teeth for 1-2 hours after surgery.

If you have general anesthesia, you may be sedated for several hours after surgery and may remain sleepy for most of the day. You may have nausea and vomiting, which usually go away by the evening of surgery without additional medications. Almost all patients can go home the day of surgery.

After Surgery

- A small amount of bloody nasal drainage for 1-2 days is normal after this surgery
- Drainage may flow from the front of the nose and down the back of the throat. Make sure you spit out blood drainage that drips down the back of your throat to prevent nausea/vomiting. You will have a nasal drip pad/sling with gauze to catch drainage from the front of your nose. The dressing may need to be changed more frequently during the first 24 hours following surgery
- You will notice facial pressure and fullness as a result of the nasal dilation for a few days after surgery
- Do not blow your nose aggressively for 1 week after surgery
- Avoid lifting more than 10 lbs. and no vigorous exercise for 1 week after surgery
- Avoid airplane travel for 1 week following sinus surgery; the cabin pressure changes can cause pain and swelling in the nose/sinuses

Medication

Mild pain medication (usually Tylenol 3) should be used for pain as prescribed if needed. Mild pain and pressure in the nose is normal after surgery, but some patients don't have any pain at all. Pain medications can cause nausea, which can be prevented if you take them with food or milk. Plain Tylenol instead of Tylenol 3 can be used for mild pain.

You will be given an antibiotic for one week after surgery to prevent infection. Take this medication with food to prevent nausea or vomiting.

You can use 2 nasal sprays after surgery if needed: Afrin can be used if needed up to 2 times a day (best before bed) to reduce bloody drainage from the nose for the first few days after surgery. Saline/salt water spray can be used to prevent crusting inside of the nose.

Take all of your routine medications as prescribed, unless told otherwise by your surgeon. Any medications that thin the blood should be avoided for 2 weeks before surgery and one week after, unless otherwise directed by your surgeon. These include aspirin and aspirin-like products (Advil, Motrin, Excedrin, Alieve, Celebrex, Naprosyn).

If you have questions, please contact our office.