

In-Office Balloon Sinuplasty

Home Care Instructions

- ABSOLUTELY NO nose blowing for the first 12 hours after the procedure. After then DO NOT vigorously blow your nose. If you feel the need to blow your nose, blow out from both nostrils at the same time or instill nasal saline spray and wash it back.
- Wait 12 hours after the procedure to resume normal exercise.
- Use nasal saline spray on a regular basis. You should spray the salt water into each nostril at least every 2 hours while awake. This will help with any crusting and facilitates your post operative cleaning in the office.
- There are no diet restrictions.
- If you need to sneeze, please do so with your mouth open. This will prevent excessive pressure build up and bleeding from the nose.
- To minimize morning nasal congestion, sleep with your head elevated on several pillows for 2-3 days.
- DO NOT take aspirin, aspirin containing products or other blood thinners for 48 hours after the procedure, unless otherwise discussed with Dr. Downs. This includes Ibuprofen.
- DO NOT smoke. Avoid secondhand smoke and other fumes that can irritate the nose.

Possible Side Effects

- Bleeding – Elevate your head and lean forward
- Colored and/or Bloody nasal drainage for several days to a week.
- Mild to moderate pain
- Congestion – Expect to have mild congestion for up to several days

Contact Your Physician

- If you notice a change in vision
- If you notice bruising and/or swelling around your eyes
- If you have a fever over 101.5°F
- If you have persistent bleeding