

In Office Balloon Sinuplasty Post-operative Instructions

In most cases, patients are able to resume normal activity the day after procedure. Mild discomfort is also normal and is expected with any surgical procedure. Take your pain medication as needed, but driving is prohibited while taking narcotic medications (i.e. Lortab, Percocet, Tylox, Tylenol #3, etc.)

It is very common to have significant nasal congestion and problems breathing through the nose for up to a week. It is also relatively common to have some colored and/or bloody nasal drainage for several days to a week.

To minimize discomfort and achieve the best surgical outcome, please follow the following instructions:

- Rinse your nose, starting this evening with the NeilMed rinse bottle provided to you. Use one bottle on each side that was operated on twice a day for three days. You may use it more often if you wish.
- After the first three days, or as needed in addition to the NeilMed rinse, please use 4 sprays of nasal saline (i.e. Ocean) in each nostril every four hours while you are awake.
- Absolutely no nose blowing for the first 12 hours after the procedure. After that you may GENTLY blow your nose. If your nose bleeds after blowing, wait an additional 12 hours before attempting it again. If your nose is very clogged, feel free to use nasal saline spray or nasal irrigation (i.e. NeilMed) as often as you would like.
- Please take all medications as prescribed by Dr. Dubin
 - Steroid pack should be taken starting the day after procedure
 - Start antibiotics the evening of the procedure
- To minimize morning nasal congestion, it is helpful to sleep with your head elevated on several pillows for 2-3 days. If this is not comfortable or possible, you will do no harm by sleeping flat, however you may be more congested in the morning.
- Do not take aspirin, aspirin containing products or other blood thinners for 48 hours after the procedure unless you have discussed otherwise with Dr. Dubin. This includes ibuprofen. Tylenol is safe to take. Do not exceed 4000mg of Tylenol a day.
- Wait 12 hours after the procedure to resume normal exercise

Unfortunately, it is common to feel as though you have a sinus infection due to the swelling caused by the procedure. DO NOT BE DISCOURAGED! It will take weeks for the final outcome.

There is a physician available at 410-821-5151 for emergencies.