



IN-OFFICE BALLOON SINUPLASTY INSTRUCTIONS

BEFORE

Do not take any aspirin or NSAIDS (ibuprofen, Motrin, Advil, Naprosyn) for 1 week prior unless your doctor instructs you otherwise. Let us know if you are taking blood thinners (anticoagulants) such as Coumadin (warfarin) and Plavix as they will need to be stopped for a period of time. It is ok to take Tylenol/acetaminophen.

DAY OF

Please arrive at the office **15min** before your scheduled time to check-in. We recommend bringing your music playing device (Ipod, Mp3, etc.) and headphones to use during the treatment. Shortly after you check-in you will meet with Erin, Dr. Davis' Physician Assistant. She will go over the consent with you and will answer any questions you may have. She will also place cotton balls soaked with numbing medication in your nose. Dr. Davis will come into the room and he will perform Balloon Sinuplasty. As the balloon inflates and widens the diameter of each pathway, you may hear 'cracking' sounds as the thin bones are being gently remodeled. At times, Dr. Davis may need to flush out the sinuses and you will be directed to sit up and lean forward. The saline will flow out of your nose and/or mouth and there will be a kidney basin placed under your chin for the drainage to go into.

POST-TREATMENT

1. While recovery time varies with each patient, many people can return to normal activities within 24 hours
2. There may be some discomfort, throbbing and/or headache in the sinonasal region. Please take the recommended pain relief medication as directed. You may also apply ice packs or frozen vegetable bags to your forehead/nose/face to decrease inflammation and discomfort
3. You may have some bleeding from the nose/sinuses. This is normal and should not cause undue concern. If there is any oozing post-procedure, a 'moustache' gauze bandage will be placed for you to go home with
4. Start sinus rinse the day after the procedure. Do this three times a day until your follow-up.
5. It may take 1 month to experience the maximal benefit from the treatment
6. Return to your normal diet
7. Refrain from strenuous physical activity for 24 hours
8. The medicine used during the procedure may make your throat temporarily numb. Avoid taking pills or drinking liquids if your throat feels numb for an hour or so after you leave the office

Please call the office if you need anything at (310) 372-0700