

Balloon Sinus Dilation

About the Procedure

Balloon sinus dilation is a procedure that has been performed since 2005. It was first performed in the operating rooms and now can be safely performed in the office with minimal discomfort to the patient, little intrusion into patient's work schedule and other obligations and with minimal time for recovery. Using a specially designed balloon your surgeon will enlarge the openings to your sinuses the same way blocked arteries in the heart are opened. Below is some information that will be helpful for your procedure.

3 Days Before Procedure

If you are taking blood thinners (e.g., Aspirin, Coumadin/Warfarin, Plavix, etc.), you should discontinue these medications three days before your procedure. Please confirm with your primary doctor and/or cardiologist that this will be permissible.

Day of Procedure

Prescriptions will be phoned to the pharmacy you provided to the office. Please follow the instructions as indicated below for each medication, in preparation for your procedure.

1. **Afrin** (or generic) nasal decongestant spray. Immediately before your arrival at the office, spray each nostril with two puffs. Do not sniff – allow the spray bottle to deliver the medication. If your blood pressure is poorly controlled DO NOT use this medication. Hold on to the bottle because you will use it for 3 days after the procedure to decrease bloody drainage from the nose. ***NOTE: While at the pharmacy get a bottle of **SALINE NASAL SPRAY** for use after the procedure.
2. **Hydrocodone/Acetaminophen (5mg/325mg)**. Take two of these 30 minutes before your appointment time. This is a pain medication that will help make your procedure comfortable for you. You have been dispensed a quantity of 30. The remaining will be used during your recovery, if needed.
3. **Valium or (Lorazepam) 5mg Tablets**. Take two tablets 30 minutes prior to your appointment time. This will help you relax during the procedure. You have been dispensed a quantity of 4. Your surgeon will instruct you to take an additional tablet if needed in preparation for the procedure.
4. **Phenergan (Promethazine) 25mg tablets**. Take one tablet 30 minutes prior to your appointment time. This will help prevent nausea and may help you feel more relaxed during the procedure.

After Your Procedure

1. Use Afrin nasal spray – 2 puffs in each nostril twice daily for 3 days.
2. Use saline nasal sprays – 2 puffs in each nostril 3-4 times per day to prevent scabs and crusting in the nose.
3. Refrain from nose blowing. If you must sneeze, sneeze through the mouth only. Do not hold the sneeze in.
4. Refrain from lifting greater than 20lbs after the procedure. You may return to work the next day (or the same day if you did not take the Valium or Hydrocodone),
5. Some patients experience near immediate relief. However, it may take up to 6 weeks before maximal improvement is attained.