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## Balloon Sinus Dilation Aftercare 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, Vicodin, etc. ) It is very common to have nasal congestion and problems breathing through the nose for up to a week. It is also relatively common to have some red 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:

- You may use Afrin as needed for nasal congestion or bleeding every 4-6 hours for 2 days only.
- Rinse your nose, starting tomorrow with nasal saline spray every three to four hours a day while you are awake.
- Absolutely **no nose blowing** for 48 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 as often as you would like.
- Please take all the antibiotic medications as prescribed and start them the evening of the procedure. Steroid pack should be taken starting the day after procedure. Continue using your nasal steroid spray (such as Flonase) after the procedure, unless directed otherwise.
- 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, it is okay to sleep flat, however you may be more congested in the morning.
- If you use a CPAP machine, do not use it for 72 hours after the procedure.
- You should refrain from airplane flights, skydiving, and scuba diving for one week after the surgery.
- Do not take aspirin, aspirin containing products or other blood thinners for 48 hours after the procedure, unless you have discussed otherwise with your doctor. This includes ibuprofen and naproxen. Tylenol is safe to take. Do not exceed 3000mg of Tylenol a day.

It is not uncommon to feel as though you have sinus infection due to the swelling caused by the procedure. DO NOT BE DISCOURAGED! It can take several weeks for the final outcome. There is a physician available at (228) 864-2121 for problems or emergencies.

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