



Low Country ENT

EAR, NOSE & THROAT • HEAD & NECK SURGERY
HEARING AIDS • BALANCE TESTING

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Balloon Sinuplasty

Pre-procedure Instructions

Prescriptions will be given to you at prior to your procedure.

1. Start prednisone 5 days prior to procedure or otherwise directed by your surgeon.

Day of procedure, one hour prior to arrival:

1. Afrin-5 sprays each nostril.
2. Ativan (1 mg)-take one pill; bring extra pills to office.
3. Vicodin (5/300)- take one pill; bring extra pills to office.
4. Eat a light meal prior to taking medication and procedure.

Post-procedure Instructions

1. Light red to clear drainage from the nose is normal for 3 to 6 days following the procedure.
2. Start nasal sinus rinses once a day, Nettie Pot or Neil Med sinus rinse, the first day after the procedure.
3. Headache, sinus or nasal discomfort is common after the procedure and you should take your prescribed pain medication for this.
 - Pain meds can give you constipation, keep hydrated and use stool softeners as needed.
4. No bending or lifting (over 20 pounds), strenuous activity or flying until released by your physician. Sneeze with mouth open. No nose blowing.
5. Follow-up will be one week after procedure.

When to Call

- Excessive, bright red blood that does not stop with pressure or Afrin.
- Persistent, excessive, clear drainage after the first week of surgery. Fever over 101°F.
- Stiffness or pain in neck or decreased alertness.
- Sudden vision changes or eye swelling.