**OFFICE BALLOON SINUS SURGERY INSTRUCTIONS**

**Pre-Procedural Instructions:**
- Make sure you have taken all of your pre-procedure medications as directed. Note: Depending on the procedure you are having and your health history you may not have been prescribed medication to take before your arrival.
- Please stop all medications that can thin your blood at least 10 days prior to surgery, especially those containing any aspirin, ibuprofen, vitamin E, and fish oil. If you are taking prescription blood thinners make sure you have discussed when to stop these with Dr. Atkins. Do NOT resume these medications until told to do so by our office.
- A worsening of your symptoms such as increased congestion or discolored nasal drainage may make doing the procedure in the office more difficult. If any of these symptoms occur please let our office know.

**The Day of the Procedure:**
- Eat a good meal (not a snack) and drink plenty (tons of liquids - until you are urinating clear!) of in the hours before your procedure. Drink 16 ounces of Gatorade on the way to our office.
- We regularly prescribe medication to help you relax and reduce anxiety before your procedure. If given this medication you are to take one tablet 30 minutes prior to your procedure. You will also be prescribed pain medication; do NOT take pain medication before your procedure. We will make sure you are comfortable and your nose is anesthetized before the procedure and will give you additional medication if necessary at our office.
- NOTE ABOUT SEDATIVES AND PAIN MEDICATION: While taking anxiety and pain medications you may not drive and therefore will need to be accompanied by a driver. Your consent and all other paperwork should be signed before you take these medications. Side effects from pain medicine and sedatives may include light-headedness, headache, dizziness, visual disturbances, amnesia and nausea. The effects of pain medications usually only last a few hours. Some patients can experience the effects of the sedative for up to 24 hrs. So it is advised that you not sign important papers or drive for 24 hrs. after taking your sedative.
- Squirt 2 sprays of Afrin in each nostril 30 minutes before your planned arrival time and repeat in 5 minutes.
- Wear comfortable clothing.

**Procedure:**
We will place some numbing medication in your nose. These medications will take about 20 minutes to work. The actual procedure will last approximately 10-20 minutes. There is usually little or no pain associated with the procedure. If you read this and still have any have questions please call our office **210-607-4687**.
Post Office Balloon Sinuplasty Instructions:

- It is OK to blow your nose after the procedure, BUT ONLY IF YOU BLOW BOTH SIDES AT THE SAME TIME. DO NOT BLOCK UP ONE SIDE AND BLOW THE OTHER. THAT WILL BUILD UP TOO MUCH PRESSURE IN YOUR SINUES AND CAUSE PAIN. It works a little better to blow your nose after you rinse with saline as explained below. You may sniff inward as much as you would like to.

- If you have to sneeze open your mouth and let the air leak out as much as you can.

- Sleep with your head elevated on 2-3 pillows for a couple of days, this will help keep swelling down.

- Rinse your nose 4 times a day with Neil Med saline rinses for the first the first 2 weeks after your procedure. You may use also use Simply Saline, (the white can, not blue) in between for additional relief or irrigation.

- You may have been prescribed antibiotics and pain medicine for after your procedure.

- Start the antibiotics the evening after the procedure and use the pain medications as needed. If you do not need the narcotic pain medications feel free to take Tylenol.

- If you are experiencing any residual bleeding you may squirt afrin in your nose every 3-4 hours.

- You may resume all of your regular medications except for blood thinners and aspirin, which we will discuss with you on an individual basis. If you take Vitamin E or fish oil supplements do not resume them for a minimum of two weeks and preferably only after we give you permission to do so at one of your follow-up visits.

- You may resume a regular diet immediately after the procedure.

- You may resume normal activities including work and exercise when you are feeling better. Do not do any strenuous activity the day of procedure like mow your grass, cardio work-out etc. This includes before and after the procedure.

- You should have an appointment scheduled for 2 weeks after the procedure.

If you have read the instructions above and still have questions call our office 210-607-4687.