



BALLOON SINUPLASTY EXPERT

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ABOUT THE EXPERT

Dr. John Gilmore has practiced facial plastic and ear, nose and throat surgery in Dallas since 1986. He is board certified in otolaryngology head and neck surgery. He has had extensive training in facial plastic, ear nose and throat, and head and neck surgery. He is currently the chairman of the department of otolaryngology at Presbyterian Hospital and a past chief of the division of otolaryngology at Methodist Hospital of Dallas. He is a Fellow of the American College of Surgeons, a Fellow of the American Academy of Otolaryngology-Head and Neck Surgery, and a Fellow of the American Academy of Facial Plastic and Reconstructive Surgery.

What is Balloon Sinuplasty?

Balloon Sinuplasty is a safe and effective sinus procedure for chronic sinusitis patients who are seeking relief from uncomfortable sinus pain symptoms. The procedure is available in-office and is less invasive than traditional endoscopic sinus surgery, as there can often be no cutting of nasal bone or tissue.

Who is a good candidate for Balloon Sinuplasty?

Anyone who suffers from chronic and recurrent sinus infection who hasn't responded well to allergy or immunotherapy treatment or antibiotics is potentially a good candidate. If antihistamine and decongestants no longer aid in relieving the sinus pain and pressure, you may be a candidate.

What are signs of a chronic sinus infection?

Facial pain and pressure, nasal blockage or drainage, chronic fatigue, bad breath, and recurrent fever are common indicators of a sinus infection. I mostly look for facial pain and pressure and headache as well as discolored drainage from the nose as primary signs.

What is the alternative to Balloon Sinuplasty?

Endoscopic surgery was introduced in the late 1980s and early 1990s and allowed us to perform sinus surgery without any facial incisions. The imaging has improved through the year and it remains a safe and effective procedure. Balloon Sinuplasty is even less invasive, can often be done in your ENT office, and you go home the same day. Endoscopic procedures require general anesthesia, a day surgery or hospital visit, and longer recovery time.

How does Balloon Sinuplasty work?

We place a balloon in the drainage pathway of the sinuses and inflate the balloon without damaging surrounding tissues, much like cardiologists use balloons in heart procedures. The sinuses are opened, creating a free pathway for better sinus drainage. Most patients return to work the next day and have little to no pain or recovery time.

Are the results from Balloon Sinuplasty permanent?

This is a relatively new procedure, so we don't have lifetime results yet, but patients appear to have long-lasting benefits. They are sick much less and usually breathe better. Patients typically report long-lasting relief.



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