

PATIENT INSTRUCTIONS

In-office Balloon Sinus Dilation (Balloon Sinuplasty)

In-office Balloon Sinus Dilation (Balloon Sinuplasty) is a new minimally-invasive method to correct sinus blockage that results in recurring or chronic sinus infections.

You have been scheduled for this in-office procedure, and these instructions will be helpful in both preparing you for the procedure and helping you manage after the procedure.

1. Appointment arrival time

The office will give you an appointment time to arrive before the procedure. Please call the office at (210-615-8177) **between 10 am and noon THE DAY BEFORE** the procedure to get your arrival time. Dr. Browne usually performs the surgery starting late morning to noon.

2. Prescriptions

We will be sending **prescriptions for an antibiotic and a steroid** to your pharmacy the day before the procedure. The steroid will be taken the morning of surgery (prednisone 40 mg) and two days after the procedure. (If you are diabetic you will not be given a steroid unless specifically discussed with Dr. Browne.) You will begin taking the antibiotic the evening of the balloon sinuplasty.

3. On the day of the surgery

- Have a regular breakfast.
- Do not eat lunch. You may drink water, tea, coffee, etc.
- Spray Afrin Nasal Spray (2 sprays each nostril) when you leave home.
- Make sure you have taken the Prednisone 40 mg.
- You should take any other medicines that you routinely take according to your schedule.

It is permissible to drive yourself to and from your appointment. Dr. Browne does not use any sedation. The In-office Balloon Sinus Dilation is done with a combination of topical and local anesthesia.

The In-office Balloon Sinus Dilation Procedure

You will be seated for the procedure and additional numbing and decongesting spray will be used first. Then Dr. Browne will place a small strip of cotton in each side of the nose to further numb the area. He will follow this with a small amount of anesthesia by injection. This is very similar to what a dental procedure numbing process is like. You will be awake during the procedure and be able to communicate concerns or questions you may have, if any. The procedure takes about 45 minutes depending on how many sinuses are dilated.

After the procedure, you will go home as soon as you feel ready. Many people drive themselves, but feel free to bring someone with you. This procedure is usually associated with very little bleeding. On occasion, some patients will have some bleeding when the local anesthesia wears off. This usually resolves with within a few hours.

Post Procedure Care

- Dr. Browne suggests going home and taking it easy after the procedure for that day.
- Within a few hours, all of the effects of the nasal medicines will be gone. If there is discomfort, you can take Tylenol (acetaminophen) or Aleve (naproxen). Usually, strong prescription pain medicine is not necessary.
- You can use the Afrin spray every 3-4 hours for a few doses to stop any residual bleeding.
- You will take your antibiotic that evening and resume a regular diet.
- You can resume any other medications, including those for allergies.
- Take Prednisone 40 mg for two days after the procedure.
- Begin saline rinses with either a spray, such as Ocean or Simply Saline, or a Neil Med rinse/Neti pot device at least once daily until your postoperative visit.
- You may return to any activities desired on the day after surgery including exercise.
- If you have any questions or concerns call the office at 210-615-8177 (answered 24 hrs).
- You can also refer to our SASinus Website: www.Sasinus.com for additional information about Balloon Sinus Dilation.