

## **BALLOON SINUPLASTY**

## **Post Operative**

### **Instructions**

Nurse Line (8:30am to 5pm)                   **937-496-0261**  
Emergency After Hours Line               **937-496-2600**

### **The Surgery Itself**

Balloon sinuplasty can be done in the office with local anesthesia or under general anesthesia, typically for less than one hour.

If you have local anesthesia, you may have numbness of the nose, face, throat and upper teeth for 1-2 hours after surgery.

If you have general anesthesia (in the OR), you may be sedated for several hours after surgery and may remain sleepy for the better part of the day. Nausea and vomiting are occasionally seen, and usually resolve by the evening of surgery - even without additional medications.

### **After Surgery**

- A small amount of bloody nasal drainage is normal after this surgery for 1-2 days. Drainage may flow from the front of the nose and down the back of the throat. Make sure you spit out blood drainage that drips down the back of your throat to prevent nausea/vomiting. You will have a nasal drip pad/sling with gauze to catch drainage from the front of your nose. The dressing may need to be changed more frequently during the first 24 hours following surgery.
- You will notice facial pressure and fullness as a result of the sinus dilation for a few days after surgery.
- Do not blow your nose aggressively for 1 week after surgery.
- Avoid lifting > 10 lbs. and no vigorous exercise for 1 weeks after surgery.
- Avoid airplane travel for 1 week following sinus surgery; the cabin pressure changes can cause pain and swelling within the nose/sinuses.

### **Medications**

- Pain medication (usually hydrocodone or oxycodone) should be used for pain as prescribed if needed. Mild pain and pressure in the nose is normal after surgery but some patients do not have any pain at all. Pain medications can cause nausea, which can be prevented if you take them with food or milk. Plain Tylenol or Ibuprofen/Motrin can be used for mild pain.
- You may be given an antibiotic after surgery to prevent infection. Take this medication with food to prevent nausea or vomiting.
- You can use 2 nasal sprays for use after surgery if needed: Afrin/oxymetazoline can be used if needed up to 2 times a day (best before bed) to reduce bloody drainage from the nose for the first few days after surgery. Saline/salt water spray can be used to prevent crusting inside of the nose.
- Take all of your routine medications as prescribed, unless told otherwise by your surgeon. **IT IS OK TO TAKE OVER THE COUNTER PAIN MEDICATION (IBUPROFEN, NAPROXEN, or ACETAMINOPHEN) IN ADDITION TO YOUR PRESCRIBED MEDICATIONS. DO NOT TAKE ASPIRIN UNLESS CLEARED WITH YOUR SURGEON.**
- Limit Acetaminophen/Tylenol to less than 4,000mg/day
- Limit Ibuprofen/Motrin to less than 3,600mg/day