

Post-Operative Instructions for Eustachian Tube Balloon

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

Effects of Anesthesia

Eustachian tube balloon surgery involves a brief anesthesia (or local, in the office). If sedatives were given, some patients will remain sleepy for much of the day. Nausea and vomiting are occasionally seen, and usually resolve by the evening of surgery - even without additional medications.

PRE-OPERATIVE INSTRUCTIONS

1. Nothing to eat or drink 8-10 hours before surgery.
2. Avoid aspirin and aspirin products 10 days prior to surgery. OK to take Tylenol.

POST-OPERATIVE INSTRUCTIONS

1. Take it easy the first two(2) weeks after surgery.
2. If you need to blow your nose, do so very gently
3. If you sneeze, do so with your mouth open.
4. You may use nasal saline rinses as needed
5. Please continue allergy medications (oral antihistamine and/or nasal steroid spray)
6. If you have any of the following please let us know by calling our phone nurse at (937) 496-0261 between the hours of 8:30 am and 5:00 pm:
For emergencies after hours or on weekends, call the main office number (937) 469-2600 and the medical society will notify the physician on call.

7. Avoid strenuous/vigorous activity (straining) after surgery.
8. It is ok to pinch your nose and swallow (modified Valsalva) to relieve ear pressure

9. **IT IS OK TO TAKE OVER THE COUNTER PAIN MEDICATION (IBUPROFEN, NAPROXEN, or ACETAMINOPHEN) IN ADDITION TO YOUR PRESCRIBED MEDICATIONS.**

Limit Acetaminophen/Tylenol to less than 4,000mg/day

Limit Ibuprofen/Motrin to less than 3,600mg/day