

About Balloon Sinus Dilation

Balloon Sinus Dilation is the newest technology available in treating chronic sinusitis, recurrent sinusitis, and sinus problems from barometric air pressure changes due to weather systems, flying, diving, etc. Studies prove that balloon sinus dilation is just as effective as traditional sinus surgery. Balloon sinus dilation is performed in the office with local anesthesia. Patients usually experience some transient pressure during the dilations but no acute pain. Everything is done within the nose and normally no facial external bruising or swelling is visible afterwards. The balloon is used to dilate each sinus for about 15 seconds and except in very unusual circumstances, nothing is left inside the nose after the procedure.

Advantages of Balloon Sinus Dilation

1. Easier recovery.
2. Safer.
3. Less bleeding.
4. No need for intubation (breathing tube) and general anesthesia.
5. Quicker return to work or other activities. Generally, non-strenuous activities can be resumed in just a few hours after the procedure
6. Less expensive for the patient and for the insurance companies compared to traditional sinus surgery.
7. Economic benefits with fewer work days missed from sinusitis or recovering from sinus surgery.

Things to do Before the Procedure

1. Make sure you pick up your prescriptions preferably at least one day before the procedure.
2. Ensure you have Saline Nasal Rinses to use after the procedure.
3. Start antibiotic the morning of the procedure if I have prescribed one for you.
4. Take Halcion and Percocet (or other similar prescribed medications) 30 minutes before the start of the procedure.
5. You will need to have transportation to and from, and you should not drive for six hours after taking Halcion and Percocet.
6. Please arrive approximately 15 minutes before the scheduled procedure.
7. Spray 2 squirts of Afrin into each nasal passage 30 minutes prior to the procedure.

Tips

1. You should have your usual meal prior to the procedure.
2. Unless instructed by your doctor, do not use aspirin, Motrin (ibuprofen), Naprosyn (naproxen), or other anti-inflammatory drug for 5 days prior to the procedure, as this can prolong post-operative bleeding.
3. Expect some light nasal bleeding for the first 12-24 hours. It may get slightly worse in the hours after the procedure when medicines given during the procedure have worn off. Do not take anything but Tylenol or a prescribed narcotic for pain relief, as Motrin, Aleve, aspirin, and similar medicines can increase bleeding.
4. If you are taking Percocet (or other narcotic pain medications) after the procedure, you should not drive. It is rare to need Percocet or other narcotics for pain relief. Tylenol during the first 24 hours is usually all that is needed.
5. It is possible to have worsened nasal stuffiness and discharge for up to ten days after the procedure. Some patients have immediate breathing improvement starting the day after the procedure. Most of the time, patients will feel stuffiness but then a better nasal airway after about 5-7 days and then experience slow steady improvement until maximum improvement is seen at 8-10 weeks when full healing has taken place.

Postoperative Instructions for Balloon Sinus Surgery Patients

1. Use Afrin 12-hour decongestant nasal spray -- 2 sprays to each nostril every 10 minutes – in the very rare instance there is significant bleeding. Some bleeding is normal the 24 hours after the procedure. If bleeding is brisk and does not slow down substantially with Afrin, please call me. Afrin can also be used to help with post-operative nasal congestion, but should not be used for more than two days after the procedure to help open the nasal airway.
2. Use saline nasal rinse (NeilMed) via Neti Pot or squeeze bottle once (preferably twice) daily for the first 14 days after the procedure. It is normal to see some blood clots come out with the rinses for the first few days.
3. **DO NOT blow your nose for 2 days.** If you need to sneeze, do so with an open mouth.
4. Refrain from any strenuous physical activity for at least 24 hours. This will help minimize the risk of bleeding.
5. Please fill your antibiotic prescription and complete the entire course of therapy, if you have been prescribed an antibiotic.
6. Call me immediately if you experience any of the following:
 - . Eye pain
 - . Change in vision
 - . Swelling or bruising around your eyes
 - . Worsening, severe headache
 - . Fever
 - . Nosebleed that persists.