

After Your Surgery: Eustachian Tube Balloon Dilation



What to Expect

- You may have a mild nose bleed for the first day.
- You may have some nasal congestion and soreness.
- You may initially have increased ear fullness due to swelling from the procedure.
- You may have mild nausea or dizziness, which should resolve quickly.

What to Do

- Use nasal saline spray every few hours (while awake) until follow up.
- Can use Afrin nasal spray as needed for bleeding and nasal congestion for 3-5 days after surgery. **Please stop Afrin after 3-5 days.**
- Keep your head elevated while sleeping for 72 hours. Sleep with an extra pillow or two.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve. You can take these per instructions on the bottle.
- Can continue topical nasal steroids (e.g., Flonase) if previously using them.

What Not to Do

- Avoid blowing your nose and popping your ears for the first week.
- Avoid heavy lifting and intense exercise for 1 week.
- No flying until 1 week after the procedure.

When to Call or See the Doctor

- Persistent fever over 101° F.
- Worsening, severe nasal or ear pain.
- Persistent nausea and dizziness.
- Persistent bleeding from the nose.

Follow Up

- Follow up 1 week after the procedure.
- Most patients achieve the maximal benefit 4-6 weeks after the procedure.