

## POST-OP INSTRUCTIONS

# Balloon Sinuplasty

(with or without septoplasty/turbinate reduction)

### What to Expect After Surgery

- **Bleeding:** It is normal to have some bloody discharge for the first 1-2 days after your procedure. If steady bleeding occurs after surgery, lean forward and hold firm pressure for 15 minutes on the soft part of your nose. Avoid any nose blowing. If this does not stop the bleeding you may use 1-2 sprays of Afrin® to both nostrils and hold pressure over the soft part of your nose for another 15 minutes. If several attempts have been made to control the bleeding at home, call the office for additional directions.
- **Pain:** You may experience nasal and sinus pressure and pain for the first several days after surgery. Extra-Strength Tylenol® is often all that is needed for mild post-operative discomfort. If Tylenol® is not sufficient to control the pain, you should use the post-operative pain medication prescribed by your doctor.
- **Nasal congestion and discharge:** You may experience nasal congestion and discharge for the first week after surgery. Your nasal passage and breathing should return to normal 2-3 weeks after surgery.
- **Postoperative visits:** You will have a certain number of postoperative visits depending on what surgery you have. During these visits your nose and sinuses will be cleaned of fluid and blood that accumulates after surgery. These visits are very important to aid the healing process. Mild discomfort may be experienced during the cleaning and taking pain medication 45 minutes prior to the visit can help.

### What to Avoid After Balloon Sinuplasty

- **Nose Blowing and Straining:** You should avoid straining, heavy lifting (> 20 lbs) and excessive nose blowing for the first few days after surgery. Straining or nose blowing soon after surgery may cause bleeding.
- **Steroid Nasal Sprays:** If you were taking nasal steroid sprays prior to surgery you should avoid using these for at least 2 days after your procedure to allow the lining of the nose and sinuses to heal.

### Postoperative Care Instructions

- **Nasal Saline Spray:** Nasal saline mist can be used every 2-3 hours after surgery and can make your nose more comfortable after surgery. These sprays (Ayr®, Ocean®, Simple Saline®) are over-the-counter medications and can be purchased in any pharmacy.
- **Sinus Irrigations:** You will start sinus irrigations with the sinus rinse kit (NeilMed® Sinus Rinse Kit) the day of surgery. It is recommended this be performed 4 times daily during the immediate postoperative period. This may feel strange at first, however, will become quite soothing as it cleans out the debris in your sinuses. You can expect some bloody discharge with the irrigations for the first few days after surgery.

### When to Call After Surgery

- Fever after the day of surgery higher than 101°F
- Constant clear watery discharge after the first week of surgery
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better after using Afrin®