

In-Office Eustachian Tube Balloon Dilation (ETBD)

Eustachian Tube Balloon Dilation (ETBD) is a procedure designed to treat Eustachian tube dysfunction (ETD), a condition where the Eustachian tubes, which connect the middle ear to the back of the nose, become blocked or do not function properly. This can lead to symptoms such as ear fullness, discomfort, hearing loss, or frequent ear infections. ETBD is typically indicated for patients who have persistent ETD that has not responded to medical treatments like nasal steroids, decongestants, or antihistamines.

The procedure is usually performed under local anesthesia, with or without oral sedation, to ensure patient comfort during the procedure. A small, flexible balloon catheter is inserted through the nose into the Eustachian tube. The balloon is then gently inflated to dilate the Eustachian tube, which helps to open the passage and improve its function. After dilation, the balloon is deflated and removed. Nothing is implanted. The entire procedure typically takes about 30-45 minutes and is performed in an office setting.

Pre-Operative Instructions:

- **Medications:**
 - **Blood Thinners:** If you are taking blood-thinning medications (e.g., aspirin, warfarin, Plavix), inform your doctor. You may need to stop these medications several days before the procedure.
 - **Other Medications:** Continue taking your regular medications unless instructed otherwise.
 - **Allergy Medications:** Your doctor may advise taking allergy medications or nasal sprays before the procedure to reduce nasal inflammation.
- **Fasting:**
 - No fasting is typically required for this in-office procedure. However, avoid heavy meals within 2-3 hours before your appointment.
- **Allergies:**
 - Inform your doctor of any allergies, especially to medications, latex, or topical or local anesthetics like lidocaine or tetracaine.
- **Smoking/Alcohol:**
 - Avoid smoking and alcohol for at least 24 hours before the procedure, as these can affect healing.
- **Transportation:**
 - Arrange for someone to drive you home after the procedure if you receive any sedative medication.
- **Clothing:**
 - Wear comfortable clothing to your appointment. Avoid wearing makeup or jewelry, particularly around the face.

Post-Operative Instructions:

- **Activity:**



- Rest for the remainder of the day after the procedure.
- Resume normal activities the following day, but avoid vigorous exercise for 24-48 hours.
- **Diet:**
 - You can eat and drink normally after the procedure after any numbing of the throat resolves which can occur during the procedure.
- **Pain Management:**
 - Mild discomfort or pressure in the ears or nose is normal. Over-the-counter pain relievers like acetaminophen (Tylenol) or ibuprofen (Motrin) can be used if needed.
- **Nasal Care:**
 - Use saline nasal spray as directed to keep the nasal passages moist and clear.
 - Avoid blowing your nose forcefully for the first 24 hours after the procedure.
- **Bleeding:**
 - A small amount of blood-tinged nasal discharge may occur. If you experience significant or prolonged bleeding, contact your doctor.
- **Follow-Up:**
 - Schedule a follow-up appointment with your doctor to assess your progress.
 - Report any persistent symptoms such as severe pain, excessive bleeding, swelling around the eyes, or signs of infection (e.g., fever, discolored nasal discharge) to your doctor immediately.
- **Expected Outcomes:**
 - Improvement in Eustachian tube function is usually noted within a few days to weeks after the procedure, with gradual relief of symptoms.

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