



BALLOON SINUPLASTY

Balloon sinuplasty is a minimally invasive procedure that is often performed in the office to treat chronic sinusitis. The procedure involves inserting a small balloon catheter into the nasal passages, which is then inflated to gently restructure and widen the openings of the sinuses, allowing for better drainage and relief of sinus pressure.

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 nasal passage and sinus openings. The balloon is then gently inflated to dilate the native sinus opening, 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 45-90 minutes and is often performed in an office setting.

Preoperative instructions:

- Medications:
 - **Anticoagulants:** If you are taking any blood-thinning medications (e.g., aspirin, warfarin, Plavix), inform your doctor. You may need to stop taking these medications several days before the procedure, as directed.
 - **Other medications:** Continue taking your usual medications unless instructed otherwise.
 - **Pre-procedure medication:** Some patients may receive a pre-procedure medication for anxiety. Your surgeon will discuss this with you in advance. Follow the instructions provided.
- Fasting:
 - Fasting is usually not required for this office procedure. However, avoid heavy meals within 2-3 hours of your appointment.
- Allergies:
 - Inform your doctor of any allergies, especially to medications, latex, or local or topical anesthetics such as lidocaine, tetracaine, Marcaine, or bupivacaine.
- Tobacco/Alcohol:
 - Avoid smoking and drinking alcohol for at least 24 hours before the procedure, as these can affect healing and anesthesia.
- Transportation:
 - Arrange for someone to drive you home after the procedure, especially if you are going to receive any sedative medication.
- Clothing:
 - Wear comfortable clothing for your appointment. Avoid wearing makeup or jewelry, especially around the face.

Postoperative instructions:



- Pain management:
 - You may experience some mild discomfort, pressure, or headache after the procedure. Over-the-counter pain medications such as acetaminophen (Tylenol) or ibuprofen (Motrin) can be used as needed.
- Nasal care:
 - Saltwater rinses: Use a saltwater spray or rinse several times a day to keep the nasal passages clean and promote healing.
 - Avoid blowing your nose: Avoid blowing your nose for at least 24 hours to avoid disturbing the treated sinuses.
 - Nasal spray: If prescribed, continue using any steroid nasal spray as directed by your doctor.
- Activity:
 - Rest: Take it easy for the first 24 hours after the procedure. You can resume normal activities the next day but avoid strenuous exercise for about a week.
 - Elevation: Sleep with your head elevated on pillows for the first few nights to reduce swelling.
- Bleeding:
 - It is common to have some bleeding or nasal discharge in the first few days after the procedure. If you experience heavy bleeding, contact your doctor.
- Follow-up:
 - Attend any scheduled follow-up appointments to monitor your healing and discuss the effectiveness of the procedure.
- Signs of complications:
 - Contact your doctor if you experience severe pain, fever, excessive bleeding, bruising or swelling around the eyes, changes in your vision, or any sign of infection (e.g., increased redness, swelling, or discharge).
- Medication:
 - Continue taking any antibiotic or other prescribed medication as directed to prevent infections and promote healing.