



Balloon Sinuplasty Postoperative Instructions

- You may eat a very light breakfast on the day of the procedure.
- You will be given a topical anesthetic during the procedure that will cause difficulty swallowing for up to two hours after the procedure. You are not to eat or drink for two hours after the procedure.
- You can expect bleeding for the first 36 hours after surgery, which will be caught by a nasal drip pad. You may change the pad as needed until the bleeding stops. You may need to change the drip pad three to four times an hour for the first six hours after surgery.
- No nose blowing after surgery for one week and no exercise for 72 hours.
- Begin Afrin® (oxymetazoline) over-the-counter nasal saline sprays starting on the night of surgery. Spray two sprays in each nostril twice daily for two to three days, as needed for persistent bleeding and congestion.
- Begin nasal saline irrigations the morning after surgery. Expect old blood in the nasal wash. Remember not to blow your nose after irrigation.
- Facial headaches and pressure are normal after the procedure. Contact the office for excessive bleeding, fever, chills, vision changes or severe headaches not controlled by medications.
- Follow-up is usually seven to 10 days after the procedure.