

INSTRUCTIONS FOR BALLOON SINUS PROCEDURE

Pre- Operative Instructions:

- Eat breakfast and/or lunch before your procedure.
- Take all your daily medications as usual. We **DO NOT** want you to stop taking any of your medications for this procedure.
- You may take 400mg Ibuprofen or 1000mg Tylenol extra strength one hour prior to the time of your procedure.
- Use Afrin 4 puffs in each nostril on your way to the office.

Post-Operative Instructions:

- Use your saline rinse, you may rinse out your nose as many times as you would like.
- Blowing your nose is not a restriction, discharge of blood is normal.
- You may use Afrin twice a day for four days after surgery if needed for congestion. (4 puffs in each nostril for each time)
- VERY IMPORTANT: Make sure you have your two week follow up appointment scheduled.
- There are NO restrictions after this procedure, you may return to your normal activities the very next day.

If you have any questions, please call DeVore ENT at (937)-312-9368.