

In-Office Balloon Sinuplasty/Turbinate Reduction Post-Operative Instructions

In most cases, patients are able to resume normal activity the day or two after the procedure. Mild discomfort is also normal and is expected. Take your pain medications as needed, but driving is prohibited while taking narcotic medications (e.g. Norco, hydrocodone, Percocet, oxycodone).

It is very common to have significant nasal congestion and problems breathing through the nose for up to one week. It is also expected to have some discolored and/or bloody drainage for several days.

To minimize discomfort and for optimal healing, please follow the instructions below:

- Rinse your nose with saline starting the evening of the procedure. We recommend the NeilMed rinse bottle system, but other commercially available sinus rinse kits are also available. Use one bottle on each side per rinse, at least twice a day until your return visit. You may use it more often as needed if you wish.
- No nose blowing for the first 24 hours after the procedure. After that you may GENTLY blow your nose. If you feel the need to blow your nose hard, use the saline rinse.
- Please take all medications as prescribed by Dr. Duncan/
 - Steroid taper and antibiotics can be started the day of the procedure.
- To minimize morning nasal congestion and to facilitate more comfortable sleep, it may be helpful to sleep elevated for the first few nights.
- You may take Ibuprofen/Advil/Motrin or Tylenol/Acetaminophen if your pain is not severe enough to warrant use of the prescription pain medicine.
- Wait 24-48 hours after the procedure to resume normal exercise.

Unfortunately, it is common to feel as though you have a sinus infection due to the swelling caused by the procedure. **DO NOT BE DISCOURAGED!** It may take several weeks for the final outcome to be known.

Dr. Duncan is available after hours for questions and emergencies at 615-973-6096.