

# Hill Country

## Ear, Nose, and Throat, P.A.

42 Gruene Park Drive

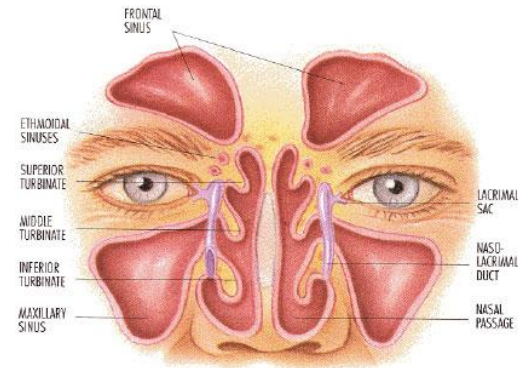
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## Balloon Sinuplasty in office

**Sinus surgery:** Many advancements have been made in sinus surgery recently to improve the results, reduce the risks and improve the patient comfort and outcomes. Dr. Lano will make every effort to reduce discomfort during and after surgery. In most sinus surgery, no nasal packing will be used, instead, a soft gel or soft absorbable felt may be placed.



**Maxillary sinus** (The sinus inside the cheek area of the face)

1. Balloon Sinuplasty: Using a balloon designed to enlarge the sinus opening to improve its function.

**Frontal Sinus** (The sinus inside the forehead/brow area)

1. Balloon Sinuplasty: Using a balloon designed to enlarge the sinus opening to improve its function

**Sphenoid Sinus** (The back most sinus)

1. Balloon Sinuplasty: Using a balloon designed to enlarge the sinus opening to improve its function.

**Day of the procedure in office for balloon sinuplasty:**

You will be asked to take a Valium /Diazepam 10 mg (or similar medication) and a Hydrocodone tablet (or similar medication) 2 hours prior to the procedure and take a second tablet 1 hour prior to the procedure. Topical and local anesthetics will be used. The preparation in the office will take 20-30 mins and the procedure will take about 30-45 min. You may need to stay in the office a few minutes afterwards, and then your driver can take you home.

## Care of the nose after surgery

- ❖ You will have some fatigue after surgery so **rest** for about 2-3 days.
- ❖ Expect a small amount of bleeding for 2-3 days, use **drip pad** as needed.
- ❖ You can use a few puffs of afrin if there is any bleeding.
- ❖ Avoid blood thinning medications (i.e. aspirin, Motrin, ibuprofen, etc.)
- ❖ You may have antibiotics or pain medications to take.
- ❖ **Keep head elevated for one week**, use 2-3 pillows at night.
- ❖ **DO NOT BLOW NOSE**; if you sneeze leave your mouth open to avoid high nasal pressure
- ❖ Don't do activities that are strenuous, require bending or lifting, or dusty, or dirty.
- ❖ Use a nasal **saline spray** (ocean or ayr) in the nose 3 times daily.
- ❖ Use a bit of Neosporin **ointment** or Vaseline or ayr gel in the nose 3 times daily.
- ❖ **Arrange a follow up appointment** with our office within 2-3 weeks after surgery.
- ❖ You may have some crusting in the nose or sinuses removed at follow up (**take a pain tab if you want to 30 min prior to the appointment**).

### **Risks of surgery:**

Bleeding, infection, scarring of the sinus opening, recurrent sinus disease, anesthetic risks, need for further surgery.

### **Extremely rare risks:**

Numbness, spinal fluid leak, eye complications, or other unforeseen problems.

**Call the office if you have any problems or questions (830) 629-5830**