

## Hill Country

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

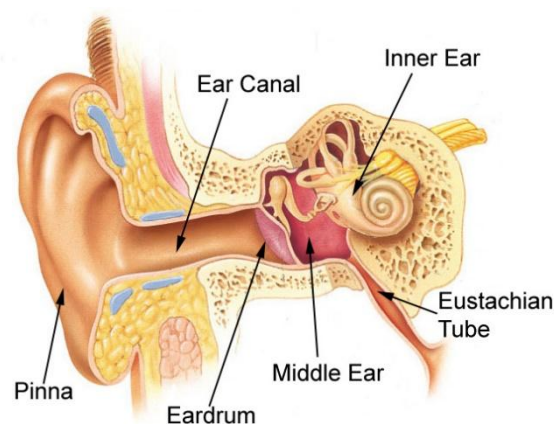
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## Eustachian Tube Balloon Dilation Procedure

### How does this work?

- ❖ Many people have narrow, swollen, scarred or dysfunctional eustachian tubes.
- ❖ The balloon dilates the lower flexible portion of the tube to help open it.
- ❖ The procedure also allows for a new clean lining of the tube to be established.
- ❖ These improvements in the tube allow it to provide better ventilation to the middle ear.



### Before the surgery

- ❖ You will likely need a current hearing test.
- ❖ You will need a CT scan of the temporal bones (the ear and Eustachian tubes).
- ❖ Precertification with insurance to see if they cover it.

### What to expect the day of the procedure

- ❖ Take the prescribed medications prior to arrival to the office as directed.
  - **Valium /Diazepam 10 mg** (or similar medication) 2 hours prior to the procedure and 1 hour prior to the procedure.
  - **Hydrocodone tablet** (or similar medication) 2 hours prior to the procedure and 1 hour prior to the procedure.
- ❖ Get your driver to bring you to the office and take you back home.
- ❖ Dr. Lano will apply some topical and local numbing medicine in the nose.
- ❖ The procedure will take about 15 minutes.

### **What to expect after the procedure**

- ❖ Most patients have minimal pain.
- ❖ Minor bleeding
- ❖ Feeling tired for a day or two.

### **Care of the surgical site after the procedure**

- ❖ Expect minor amount of bleeding for a few hours or up to 1-2 days.
- ❖ Gently try to clear the ears for the first 5 days, 2-3 times per day.
- ❖ You can use a few puffs of Afrin if there is some bleeding or a lot of congestion.
- ❖ Taking Motrin, Ibuprofen or Naprosyn the first few days may help with swelling at the surgical site.
- ❖ Keep head elevated for 1 week, use 2-3 pillows at night. Don't bend or lift a lot.
- ❖ Don't do activities that are strenuous or dusty or dirty for 2-3 days.
- ❖ Use a nasal saline spray (Ocean or Ayr) in the nose 2 times a day for 3 days.
- ❖ You will follow up with Dr. Lano within 4 weeks after surgery.

### **Frequently asked questions**

- ❖ Is this covered by insurance?
  - YES, Medicare and some insurance companies cover the procedure.
- ❖ Can this be performed with other procedures?
  - YES, sometimes a turbinate reduction is done the same day to improve nasal breathing and access to the area in the back of the nose.

**Call Dr. Lano's office at 830-629-5830 if you have any further questions.**