



**FARMINGTON**  
EAR, NOSE & THROAT



Justin W. Roberts, D.O., Otolaryngology-Head and Neck Surgery

501 W. Pine St., Farmington, MO 63640

Phone (573) 756-8888 Fax (573)701-9547

## **In Office Balloon Sinuplasty Post-Operative Instructions**

In most cases, patients are able to resume normal activity the day after the procedure. Take pain medication as needed, driving is not allowed when on narcotic pain medication. It is very common to have nasal congestion and colored/ bloody discharge for several days to a week after the procedure.

To minimize discomfort and achieve best surgical outcome, please follow the following instructions:

- Rinse your nose, starting this evening with the NeilMed rinse bottle provided to you. Use half a bottle on each side twice a day for three days. You may use it more often if you wish.
- No nose blowing for the first 12 hours after the procedure. After that you may GENTLY blow your nose. If your nose bleeds while blowing, wait an additional 12 hours before attempting it again. If your nose is clogged, feel free to use your nasal irrigation as often as you would like.
- To minimize morning nasal congestion, it is helpful to sleep with your head elevated on several pillows for 2-3 days. If this is not comfortable or possible, you will not do any harm by sleeping flat, however you may be more congested in the morning.
- Do not take aspirin, or other blood thinners 48 hours after the procedure unless you have discussed otherwise with Dr. Roberts. Tylenol is safe to take.
- Wait 12 hours after the procedure to resume normal activity.

Unfortunately it is common to have a mild headache, and nasal congestion from the swelling caused by the procedure. Do not be discouraged, the final outcome sometimes takes several weeks.

Please call the office if you have any problems or questions. After hours you can reach me through the hospital switchboard at 573-756-6451