

Post-Operative Instructions Following Balloon Sinuplasty

What to Expect - It is normal to experience:

- Mild nasal congestion or stuffiness
- Light bleeding or blood-tinged drainage for 1–3 days
- Mild facial pressure, headache and sore throat
- Fatigue for 24–48 hours

Activity - First 24–48 Hours:

- Rest with your head elevated
- Avoid bending, heavy lifting (>10–15 lbs), or straining
- Do not blow your nose

After 48 Hours: You may resume light activity, but avoid strenuous exercise for 1 week

Nasal Care

- Use saline mist 4-6 times per day for at least 1-2 weeks
- Begin saline rinses 1-2 times per day (Neil Med or Neti Pot) the day after surgery; Use distilled, sterile, or previously boiled water

Medications

- **Take** Tylenol (acetaminophen) or Advil (ibuprofen) as needed
- **Antibiotics:** Complete the full course if prescribed.
- **Steroids:** Take as directed if prescribed.

Bleeding - Small amounts of oozing are normal. If bleeding occurs:

- Sit upright and lean forward slightly
- Gently pinch the soft part of your nose for 10 minutes
- You may use a small amount of oxymetazoline (Afrin) spray if instructed

Contact us immediately if you experience:

- Fever over 101.5°F (38.6°C)
- Severe headache not relieved by medication
- Vision changes (double vision, blurred vision)
- Swelling around the eyes
- Clear watery drainage that does not stop
- Heavy or uncontrolled bleeding

Remember, everyone's recovery is unique. If you have any specific questions or concerns, do not hesitate to contact our office at (267) 865 - 0003 or (267) 865 - 0005. We are here to support you throughout your recovery process.