



## BEFORE SURGERY

### The Day Before

**Do not drink alcohol.** Get a good night's sleep. Do not eat or drink anything **other than clear liquids** after midnight. Arrange for transportation on the day of surgery. You will not be able to drive home.

Make sure you **know the date of your surgery**. You may need to come back to the office for a final check before your surgery. This is called a pre-surgery visit. If you miss this appointment, you will not be able to have your surgery as scheduled.



Take **no aspirin** or aspirin products for three weeks before your surgery. If you have taken aspirin within the 10 days before the operation, **call us** and ask advice. Aspirin increases the risk of bleeding. Many cold medicines contain aspirin.

For 3 days prior to surgery, you **should not take NSAID medications** (Advil, Nuprin, Indocin, Naprosyn, Motrin, etc.) or medications that contain them. If you have questions about these medicines, ask us.

### **Remember to:**

Arrange for transportation home if you are receiving sedation (being put to sleep). **Ask if you will be able to drive home.**

## THE SURGERY

### What Will Happen

You are planning to have a surgery called an **In-Office Balloon Sinuplasty**. If you do not understand why you are having this surgery, please ask us. After surgery, you can go home and start recovering. As soon as you feel ready, start drinking clear fluids. If we gave you narcotic pain medicine, you can **expect to go back to work in 1 or 2 days**.

## AFTER SURGERY

### General Information

Try to be calm and not overdo it for the first 1 or 2 days. For 2 weeks after surgery, **do not blow your nose, sneeze with an open mouth and try not to use aspirin**. If you cannot take narcotic pain medicine, ibuprofen (Motrin or Advil®) or naproxen (Aleve®) can be used, but may increase the risk of bleeding. **Keep your head up (elevated)** for the first few days, especially when sleeping, to help keep swelling down.

### Dietary/Eating

**Stay away** from foods that make you open your mouth really wide. Doing this might hurt your nose. Other than that, you can eat normally.



### Nasal Irrigation

This means **rinsing out your nose**. Make sure to use a saline rinse (salt water) to gently rinse out your nose **at least 3 or 4 times a day**. After nose surgery it is very important to keep your nose moist and clean so you heal better and faster.

### Pain Control

Pain is mild after this surgery. It should start getting better after 2 days. **Some mild face pain and throat pain are common after this surgery**. Pain medicine will be prescribed and should **NOT** be taken more often than the doctor prescribed/instructed. **If you run out of pain medicine, call us** during regular business hours. Narcotic pain medicine (like Vicodin® or Percocet®) must have a written prescription and may not be refilled outside of normal business hours. **Do not drive if taking narcotic pain medications or medications for dizziness or sleep.**

### Fever



If you have a temperature higher than 101.5 degrees F by mouth, **which does not come down with Tylenol® (acetaminophen), you should call us**. Deep breathing and drinking fluids can also help to bring down the fever.



### Wound Care

Some bloody nasal discharge (mucus) is common after nose or sinus surgery. Your nose might look swollen on the outside, but this should go back to normal after a few days. The chance of serious bleeding goes down once you leave the office.

**If bleeding does not stop, call us** during business hours to let us know that you will be coming in. After hours, calling our office will connect you with an available doctor. Otherwise, go to the closest Emergency Department (ER).



### Showering/Bathing

You may take baths and showers normally starting **the day after surgery**.

### **MEDICATIONS**

You will be prescribed pain medicine, and possibly an antibiotic. **Take pain medicine as directed** until it is no longer needed. Most pain medicine is combined with Tylenol® (acetaminophen). Do not take any more medicines containing acetaminophen. Do not take tranquilizers or sleeping medication while taking the pain medicines.

If you get an antibiotic, this is to stop or keep an infection from happening. It will also help with pain. You should take the antibiotic until it is gone, **even if you feel like the infection is gone**.

### **CALL THE DOCTOR IF YOU HAVE:**

- Bleeding that does not stop
- A temperature above 101.5°F
- Constant nausea or vomiting
- No ability to eat or drink



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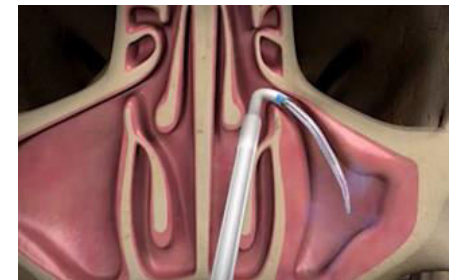
Dr. Todd Berinstein

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## Patient Instructions

In-Office

Balloon Sinuplasty  
(Sinus Surgery)



Thank you for choosing ENTOffice.org.  
Please tell us if you have any questions  
or concerns.