



Balloon Sinuplasty – Information Sheet

Thank you for entrusting Dr. Acevedo and the team at West Texas Ear, Nose and Throat to improve your quality of life by scheduling a Balloon Sinuplasty. Please read below for some important information .

Balloon sinuplasty is a procedure that treats chronic or recurrent sinus infections that medications have not resolved. During this procedure a small balloon is placed into the nose to dilate the sinus openings. The now larger sinus openings allow better drainage of the sinuses and resolution of infection.

For your sinuplasty, Dr. Acevedo and his team will perform this procedure in our clinic at West Texas ENT. A Certified Nurse Anesthetist (CRNA) will be present to perform sedation and to keep you comfortable. Some patients elect to undergo this procedure with local anesthesia only.

*****Please note that your sinus symptoms likely will not improve until 3-4 weeks after the procedure*****

Before your procedure please be aware of the following:

- ***You will need a driver to bring you to and from your appointment if having anesthesia.***
- ***You will not be able to eat or drink before your appointment.*** Please read the attached page entitled Office Based Anesthesia Instructions Sheet. A CRNA will call you before your appointment to give you specific instructions.
- Begin using your NeilMed sinus rinses. You can get one of these kits from your pharmacy. Please follow instructions in the box. These sinus rinses are very important after your procedure, so it is good to practice beforehand. When you pick up your sinus rinse kit, also purchase a bottle of Afrin nasal spray (a nasal decongestant). Both of these medicines are over the counter.

Please watch the video on West Texas ENT website (www.westexasent.com) about sinuplasty. At the top righthand side of the page, click on the YouTube link, then select balloon sinuplasty.

After Your Procedure You might experience:

- ***Pain:*** These operations are mildly painful. Please take Tylenol (acetaminophen) and/or Motrin (ibuprofen) for the pain. Please take them according to the directions on the bottle. If the pain is extreme, and the Tylenol or Motrin are not helping, please notify West Texas ENT.
- ***Congestion:*** It is normal to have congestion after the procedure. It will improve within a few days. Please sleep with your head elevated for the first 24-48 hours to help with the congestion. DO NOT BLOW your nose for the first 48 hours after the procedure, as this can cause bleeding and other complications.

- **Bleeding:** Minor bleeding from the nose is common after this procedure. The bleeding usually stops on its own. However, if it is persistent, you can use Afrin nasal spray (available over the counter at any pharmacy) to help stop it. For heavy or persistent bleeding, please call West Texas ENT.

To Do After Your Balloon Sinuplasty:

- **Sinus Rinses:** Sinus rinses are an important part of healing after your surgery. You should have obtained a NeilMed Sinus Rinse Kit from your pharmacy. Please start rinsing the day after your procedure. **USE DISTILLED WATER** with the packets and follow the instructions included with the kit. You will likely have bloody or colored drainage with the nasal rinses. This is to be expected. Please continue rinsing your sinuses every morning and evening until your follow up appointment.
- **Activities:** Patients can return to their normal daily activities the day following surgery. However, NO strenuous activity for 72 hours (this includes no working out/exercise/heavy lifting).
- **Diet:** You may eat a regular diet after the procedure.
- **Medication:** Please do not use nasal allergy sprays for two weeks after your procedure. Please continue all other medication unless you are specifically told not to take them.
- **CPAP:** If you wear a CPAP machine for sleep apnea, you may wear it following the procedure. However, if it is too painful you may stop using it for 2-3 days and then resume nightly use.
- **Call Us:** If you have a fever over 100.4 Degrees that does not come down with Tylenol or Ibuprofen, please notify our office.

If you have any questions or concerns that are not answered by this form or the YouTube video, please call our office at the number below. Even if it is after hours or a weekend, the answering service will connect you with the doctor on-call.

**Dr. Jason Acevedo, West Texas ENT
325-793-5165**

Follow-up Visit at West Texas ENT is scheduled for _____