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Surgery Schedulers' Phone: (615) 848-9265 ext 160 Email: surgery@midtnent.com

IN OFFICE BALLOON SINUPLASTY POST OP INSTRUCTIONS

- Schedule a follow up with the physician for 1-3 weeks after the procedure.
- Avoid blowing your nose forcefully for the week immediately following the procedure. If you have to blow your nose do so **lightly**. Use **Afrin**, over the counter nasal decongestant, for any bleeding.
- If you have to sneeze, open your mouth so that the pressure does not come out of your nose.
- Sleep with your head elevated on pillows for 2 days after the procedure. This will help reduce any swelling.
- Moisturize your nose multiple times a day with saline spray or gel if your physician gives this to you, start this today. You cannot overuse saline spray or gel so you can use this hourly to prevent nasal dryness
- You will also need to start using a sinus rinse starting tomorrow _____ times per day.
- You may go back to work 24 - 48 hours after the procedure.
- Refrain from vigorous physical activity for 24-48 hours after the procedure.
- You may resume your blood thinners, aspirin, fish oil, and Vitamin E 2 -3 days after the procedure.
- Your physician may give you antibiotics or pain medicine after the procedure. Please take according to the instructions on the bottle.
- **DO NOT DRIVE TODAY.**

*****Your follow up is scheduled with _____ in our
_____ office on _____ at
_____ a.m./p.m.*****

If you have any further questions or concerns you can call **615-848-9265 ext 140.**