



## GUIDE TO YOUR BALLON SINUS DILATION PROCEDURE

- Pre-procedure medications (Diazepam 5mg/Tylenol Extra Strength)
- Medications to discontinue prior to procedure (Blood thinners: such as Plavix, Lovenox, Eliquis, ASA etc.) Please make sure you call your primary physician or cardiologist so that they may tell you how many days prior to stop taking medications.
- Watch video's of other patients sharing their balloon sinus experiences (You tube or [www.SinusSurgeryOptions.com/Stories](http://www.SinusSurgeryOptions.com/Stories))

### WHAT TO EXPECT DURING YOUR PROCEDURE

#### *APPLICATION OF LOCAL ANESTHESIA (Approximately 15-30 minutes)*

Your Physician will determine the best way to numb the inside of your nose.

#### **COMFORTABLE/CONVENIENT**

1. Your physician will spray the inside of your nose with numbing and decongestant medicines.
2. Your Physician may place small pieces of cotton (pledgets) soaked with a numbing medication and a decongestant in the inside of your nose, these small pieces of cotton should not affect your ability to breathe through your nose.
3. Your Physician may also use a tiny needle to inject small amounts of numbing medicine in some key areas of the inside of your nose, with the pledgets in place with the numbing medication the injections should not hurt.

#### **GENTLY RESHAPE ANATOMY**

PROCEDURE (Can vary approximately 30-45 minutes)

First, you're the physician will insert a small toll into your nasal passages to make sure numbing medicine is working and that you are comfortable. Your doctor will then insert a small balloon and inflate the balloon for approximately five seconds to open the sinus pathway and restore drainage. Once the pathway is opened, your doctor will deflate the balloon and remove the device. Nothing stays in your nose. Your doctor may treat more than one sinus during your procedure.

### Tips To Help You During And Immediately After Your Procedure

- When your physician inflates the balloon, you may feel some pressure, but not pain.
- During balloon inflation, you may hear some popping which is normal.
- Before or after the procedure, you may experience some numbness in your throat due to anesthesia.
- You may experience light bleeding from your nose after your procedure but should not exceed 2 days after your procedure.