

## **BALLOON SINUS DILATION**

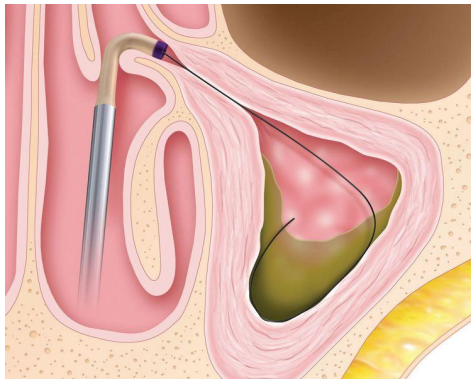
### **What are the benefits of balloon sinus dilation (also known as sinuplasty)?**

Chronic sinus problems are very common. Medications are adequate to treat allergy and sinus problems in many people. Some people, however, continue to have significant sinus problems even on medications. In this situation, balloon sinus dilation can bring considerable relief.

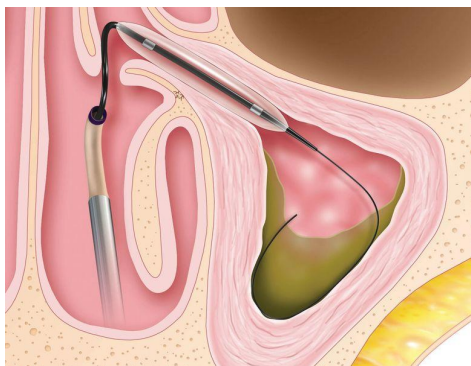
### **How is endoscopic sinus surgery performed?**

The procedure is performed in the office using topical anesthesia inside the nose. First, the surgeon will place cotton strips inside the nose to allow the anesthetic to take effect. Patients are also given the option of taking oral valium to help relax. After about 15 minutes, the inside of the nose will be very numb. The procedure should not be painful.

Next, the surgeon will use a scope to place a tiny wire guide into the drainage point of the sinus cavity.

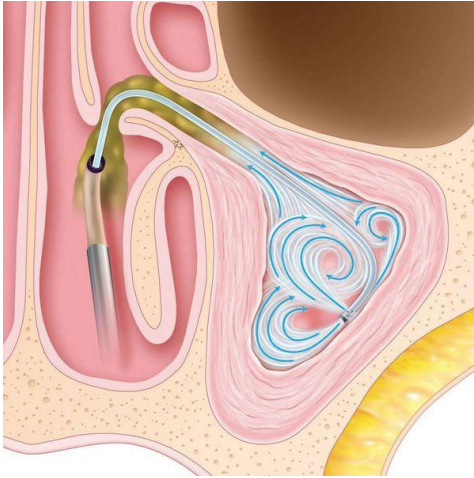


Next, the balloon is advanced over the wire into the drainage point of the sinus.

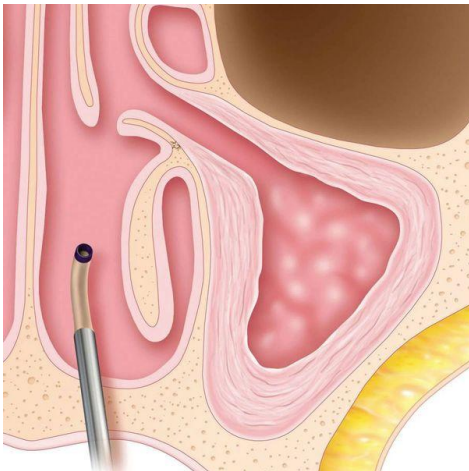




Next, the sinus cavity will be suctioned and flushed with saline to clear the infected secretions.



Finally, the wire guide and balloon are removed. There is nothing left inside the nose. Now the drainage point of the sinus cavity is about 10 times as open as before the dilation. This is repeated for any other inflamed sinuses. Usually, 3 sinuses are dilated on each side for a total of 6.



### **What should I expect after the procedure?**

Recovery is relatively simple after balloon sinus dilation. It is normal to have some tenderness in your nose and sinuses and possibly a headache for the first few days after the procedure. You can take over-the-counter acetaminophen or ibuprofen as needed. Prescription pain medicine is usually not required but will be made available if needed. You will also have some oozing of blood-tinged mucus for 4-6 hours after the procedure. You will have a piece of rolled-up



gauze under your nostrils that is held there by tape until the oozing subsides. You should go home and rest after the procedure. You should avoid strenuous exercise or heavy lifting (greater than 10 lbs.) for one week.

One day after the procedure you should start to use saline (salt water) irrigation. (Ocean spray or generic equivalent). Spray each side 2-3 times over a sink and do this at least 3 times a day for 2 weeks.

You will have a follow-up appointment about one week after the procedure. At this time your surgeon may look inside your nose again with an endoscope in the office and remove some mucus crusts or inflamed tissue.

**What are the possible complications?**

It is exceedingly rare to have complications from this procedure because it is minimally-invasive. It is possible to have excessive bleeding, pain, or failure to cure the sinus problems.

**When should I call my surgeon?**

Notify your surgeon immediately if you have:

- a large amount of bright red bleeding from your nose.
- uncontrolled pain
- any other concerns