

## Office Based Sinus Surgery

You may be a candidate for a minimally invasive office-based treatment of your sinus/nasal disease. This determination is based on the CT scan of your sinus, the medical therapy you have already tried and your ability to tolerate an in-office treatment. The procedure will be performed under a local anesthesia (topical nasal meds + injections into nasal) while you are awake. There will be no IV.

An oral relaxing medication may be provided for you to take right before the procedure. The medicine will make you lightheaded for up to 2 hours. Someone will need to take you home after the procedure – they can wait with you or we can call them.

The procedure will be performed with a combination of low-power suction devices and sinus balloon devices introduced through your nostrils. All balloons and instruments be removed at the end of the procedure. No cuts or external changes will be made.

Most individuals return to work and regular activities the next day. Some need up to 36 hr to feel back to normal.

### Pre-Operative

- Eat a light breakfast or lunch prior to arrival
- Take all your regular medications as scheduled (ask if you are taking Aspirin, Plavix, Eliquis or other blood thinners)
- Wear comfortable, loose fitting clothing. Avoid dry clean only and light colors.
- Bring the prescribed medications with you to the appointment (you may not have been given all of these, based on your particular situation)
  - Relaxing meds
  - Pain Meds
  - Antibiotics
- If you like music, feel free to bring your favorite music and your headphones for use during the procedure.

### Procedure

- Vital signs will be assessed to assure stability for the procedure
- The details of the procedure will be reviewed, all questions answered and consent form signed
- Relaxation meds, pain meds (Motrin or Tylenol) and steroids will be given by mouth
- A headset for the image guidance system will be applied to your forehead and the system initialized
- Cotton packing with numbing meds will be placed in nasal
- Lidocaine will be injected into critical structures
- The room lights will be dimmed to allow better visualization of the monitors
- The changes in your sinuses will be performed. You may feel pressure and hear noises, but will remain comfortable.
- An absorbable packing will be left in your sinuses – it should not affect your breathing
- You will rest as the effects of the medications wear off. Water will be given to make sure your swallow is okay from all the numbing meds prior to discharge.
- A copy of the discharge instructions will be given to you (or your family member)
- You will be helped to your car after the procedure (usually by wheelchair)
- Sleep that night may be unusual due to residual effects of med.

## Office Based Sinus Surgery

### Post- Operative

- Your nose will be congested for 48 hr after the procedure
  - If breathing is bothersome - Afrin 2 spray/nostril every 8 hr can be used (no more than 3 days)
- There will be light bleeding from the front of nasal and blood in your saliva for the initial 24 hr – this is normal. It is okay to gently blow your nose.
- Nasal saline irrigations should be used twice daily starting the night of the procedure. Either a NetiPot or NeilMed Squeeze bottle may be used. If it is too uncomfortable, canned aerosol saline can be used.
- A tapering dose of oral steroids will be given for 5 days (prescription to pharmacy or a yellow envelope on discharge). The initial dose should be taken with dinner the first night. It is best to take the remaining doses with food each morning, as these may make you restless.
- A short course of oral antibiotics will be given. Take these with food to protect your stomach.
- Take Tylenol or Motrin every 6 hr as needed for pain.
- Resume your aspirin or blood thinners (if stopped) 24 hr after the procedure.

### Followup

- A follow-up visit will be scheduled for 7 days after the procedure.
- Pain medications can be taken prior to the visit if the nose is still uncomfortable
- During this visit, crusts and old blood will be removed from the nasal and sinuses
- The results of any biopsies or culture taken will be reviewed
- It may take up to 21 days for the nose to fully heal, but you should feel significantly better by the 7 day visit.

**Call 914-949-3888 with any questions after the procedure. If it is after 5pm, ask to speak to the doctor on-call.**

### Resources for more information:

- [www.Balloonsinuplasty.com](http://www.Balloonsinuplasty.com) (Acclarent – Johnson & Johnson)
- [www.ENThealth.org/conditions/sinusitis](http://www.ENThealth.org/conditions/sinusitis) (American Academy of Otolaryngology HNS - Patient site)