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In Office Balloon Sinuplasty (IOBSP) Pre-Operative Information for Patients

1. This procedure is being performed in an attempt to open up your sinuses under local anesthesia. If, for some reason, we are unsuccessful in this attempt, you still have the option of having conventional sinus surgery performed in the operating room.
 2. You will be given two prescriptions that you must get filled and bring to the office with you on the day of the procedure. One is a pain killer (analgesic) and the other is an anti-anxiety medication. You should take one of each (1 Xanax and 1 Lortab) 1 hour before your appointment time and bring the remainder of the medications with you to the appointment. You will need someone to come with you to the appointment; you **can not** drive yourself.
 3. You also need to bring a bottle of oxymetazolum (Afrin) nasal spray with you to the appointment. Generic form is suitable. 15 Minutes before your appointment time begin spraying 2 sprays in each nostril—5 minutes apart—3 times.
 4. Do Not eat for 2 hours prior to your procedure time. Please remove all piercings prior to coming in for your procedure.
 5. If we do not already have your sinus CT films in the office, you will need to bring them to the office prior to your procedure day.
 6. Plan to be in the office about 2 hours for this procedure. It takes up to 60 minutes to adequately anesthetize the nose and about 30 minutes for the procedure.
 7. During the procedure, the lights will be off in the room. This enables the physician to see the guide light as it enters your sinuses. You may want to consider bringing an iPod or other music device to listen to during the procedure.
 8. The local medication that is put in your nose to numb it will most likely also make your teeth and throat numb and it has a bad taste. The numbness wears off in about 1-2 hours.
 9. It is **NORMAL** to hear a cracking sound and have brief tooth pain when the balloon is inflated in your sinuses.
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10. It is **NORMAL** to have some sinus pain or pressure after the procedure – you can treat this with OTC medications (Ibuprofen, acetaminophen) or the prescribed painkiller, if needed.

 11. You will need to rinse your sinuses with saline twice a day starting the day of the procedure. You will continue this until the physician tells you that it is OK to stop. We strongly recommend the **NeilMed Sinus Rinse Kit** that you can purchase at any pharmacy or from our office.
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