



# ENT AND FACIAL PLASTIC SURGERY

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BOARD CERTIFIED

## **BALLOON SINUPLASTY Post Op Instructions**

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### AFTER THE PROCEDURE:

1. Mild pain is common after the procedure. While recovery time varies from patient to patient, many people can return to normal activities within 24 hours of the procedure. The discomfort normally subsides within 24 hours. If the pain worsens or is not relieved with OTC pain medications, please call us to let us know.
2. Activity level should be minimal for the first day. No vigorous activity /exercise including bending or heavy lifting for first day. May start using OTC saline spray (any brand you prefer) 3-4 times a day for nasal congestion/drainage.
3. Minimal bloody drainage is normal for the first day. If bleeding persists beyond 48 hrs., please contact the office for further instructions.

### NOSEBLEED: Should a persistent nosebleed occur (dripping bright red blood for 2-3 minutes):

1. Lie down for 20 minutes with your head elevated.
2. Apply cool compresses over the bridge of your nose.
3. Drink cold liquids or hold an ice cube in the mouth.
4. Gently blow clots from nose then spray 2-3 sprays of Afrin into the nose; GENTLY pinch the nostrils closed for 5-10 minutes.
5. If the nose continues to bleed after following these measures, please call our office.

### WHEN TO CALL AFTER SURGERY:

- Fever after the day of surgery higher than 102°F
- Constant clear watery discharge the first week after surgery
- Sudden visual changes or eye swelling
- Severe headache or neck stiffness
- Severe diarrhea
- Steady, brisk nose bleeding that doesn't get better after using Afrin