

Vernick & Gopal

Ear, Nose and Throat Specialists

Harvard Medical School

Otology and Laryngology



Office Balloon Sinus Surgery Procedure

Pre-Surgical Guidelines

- NO PRE-OPERATIVE TESTING IS NECESSARY
- DO NOT EAT A HEAVY MEAL FOR FOUR HOURS PRECEDING YOUR PROCEDURE
- DO NOT TAKE ANY ASPIRIN OR PRODUCTS CONTAINING ASPIRIN (SUCH AS MOTRIN/ADVIL) FOR 2 WEEKS PRIOR TO YOUR PROCEDURE. YOU MAY TAKE TYLENOL. DO NOT TAKE FISH OIL FOR 1 WEEK PRIOR TO YOUR PROCEDURE.

Please call our office if you have any further questions.

Thank you.

Aspirin and Ibuprofen Caution Sheet for Surgery Patients

For 14 days prior to surgery and 10 days after surgery, do not take any Medication containing aspirin, ibuprofen, or other non-steroidal anti-inflammatory drug (NSAIDs). Please refer to the list below for those medications that contain aspirin and /or ibuprofen. If it is necessary for you to take any medication, please use Tylenol or acetaminophen substitutes.

Advil	Ecotrin	Pac
Alka-Seltzer	Edrisal	Pepto Bismol
Alleve	Equagesic	Percodan
Anacin	Excedrin	Phenaphen
APC	Femcaps	Phensol
ASA compound	Fish Oil	Relafen
Ascriptin	Fiorinal	Robaxisal
Aspergum	Ibuprofen	Sal-Fayne
Bufferin	Kaopectate	Stanback
CAMA	Liquiprin	Super Anahist
Capron Capsules	Maalox Total	Synalogs
Contact	Measurin	Talwin compound
Cope	Midol	Trigessic
Coricidin	Motrin	Triphen
Counterpain	Norgesic	Trilisate
Daprisal	Novahistine with APC	Triaminic
Dolene compound	Nuprin	Vanquish
Dristan	Omega 3	Vitamin E
		Zactirin

This list does not include every medication that contains aspirin or ibuprofen. Before taking any medication prior to or after surgery, please read the label carefully for the active ingredients aspirin, methylsalicylates, salicylates, and /or ibuprofen. If the medication contains these ingredients do not use. Please inform your physician of all medications you are taking, including non-prescription and herbal medications.



Office Balloon Sinus Surgery Instructions

Introduction:

This procedure was designed to improve the width of your sinus drainage pathways without removal of any nasal or sinus tissue. This is to be accomplished with the passing of a lighted wire into the sinuses and the passing of a balloon over that wire. The balloon is expanded, and then removed.

What to Expect:

You should expect to be here for a minimum of 2.5 hours. This will allow enough time for sedation, the procedure and post procedure observation. You should have taken some oral medication for pain and sedation, so you will need a ride home and you should not operate heavy machinery for twenty-four (24) hours. Pain medication prescriptions will be provided to you in advance of your procedure.

Dr. Gopal will anesthetize your nose with topical medication using a cotton ball (usually Pontocaine, Neo-syneprine and Lidocaine). Please tell the doctor if you have had any allergic reactions to these medications. Dr. Gopal will inject the nose with Lidocaine and Epinephrine to completely anesthetize the entire area once the topical medication application is completed.

Once the area is fully anesthetized, the procedure will begin. You will feel occasional pressure in the nose. The tip of the wire may cause slight discomfort when it contacts the wall of the sinuses and Dr. Gopal will communicate with you throughout the procedure informing you of what to expect.

You will see a very bright light in your eyes with the darkness of the procedure room accentuating this. At this juncture the balloon will then be passed over the lighted wire. The dilatation of the balloon, done 3 to 5 times for several seconds will cause the pressure feeling previously mentioned. This sensation is tolerated well by most patients. Once the dilations are done, the sinus is typically irrigated with saline and everything is withdrawn. The procedure may be repeated on the other side.

After Surgery:

Make a one week follow-up appointment at checkout, if you have not already done so.

For the first 24 hours or so after the procedure you should expect that there will be dripping of some blood and mucus from your nose. After that, you should expect a clear discharge.



Home Care:

- Rinse with hypertonic saline solution at least twice per day**
- Once the bleeding stops, you may blow your nose. Blowing the nose after rinsing is especially effective. If you do not feel clear, rinse and blow again.
- Immediately resume all pre-operative allergy medicines and sprays.
- For pain and bleeding, ice on the nasal bridge is helpful.
- Bleeding can be stopped by pinching the nose shut in a sitting position and leaning the head slightly forward.

** Options for Hypertonic Saline Solution (filtered town water or distilled water)

1. You can purchase this solution at our front desk for \$10.00 (Simply Saline in dark blue bottle). This is premixed, sterile aerosol. *Simply Saline and rinses below can be typically found at your local pharmacy.*
2. ENTsol – Hypertonic saline rinse
3. Neilmed Sinus Rinse – use 2 packets per bottle
4. Ayr Nasal Rinse – use 2-3 packets per bottle
5. Saltaire
6. Mix your own; 1 teaspoon non-iodized salt and ¼ teaspoon baking soda per 8 oz. of clean water.