



**Vincent Nalbhone, M.D.**  
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Specializing in Balloon Sinuplasty  
*Breathe Better Now!*

Great news! You are now scheduled for your sinus procedure and are one step closer to breathing better! During your office visit, you have done the following:

- ✓ Discussed the Balloon Sinuplasty procedure with one of our providers.
- ✓ Reviewed and signed consent forms for the Balloon Sinuplasty procedure.
- ✓ Received a folder with all the instructions pertaining to the Balloon Sinuplasty procedure which were reviewed and discussed with a medical assistant.

**IT IS VERY IMPORTANT** that you read all the instructions and information provided to you in your folder to help you prepare for your Balloon Sinuplasty procedure. The following pages are included in your folder:

- ✓ DAY BEFORE your procedure
- ✓ DAY OF your procedure
- ✓ DAY AFTER your procedure
- ✓ Family/Caregiver Post-Op Instructions *\*Please review these instructions with your caregiver (DATE / CARE) \*\**
- ✓ FAQ's

#### **WHAT'S NEXT?**


- ✓ The surgical department will be informed of your scheduled procedure date.
- ✓ You will receive a call within 1-2 days to receive benefits information that applies to the procedure. They will explain in detail what your insurance covers and what you are responsible for.
- ✓ They will start the authorization process with your insurance after notifying you of your benefits. Depending on your insurance, this can take from 1-3 weeks. If there are any issues with your authorization, they will notify you as soon as possible. Otherwise, you will receive a call from the scheduling department the day before your procedure.
- ✓ You may receive an email or a text notification regarding the date and time of your procedure. The date is correct; however, **the time is tentative. The scheduling department will call you the day before your procedure to verbally confirm your time of arrival.**
- ✓ Medications will be called into your pharmacy 3-4 days prior to your procedure. **\*You WILL NOT be notified by our office that these prescriptions were sent in.\*** If you have notifications set up with your pharmacy, you may wait for your pharmacy to notify you that your prescriptions are ready to be picked up. Otherwise, it is recommended that you call your pharmacy to ask about the status of your prescriptions a few days prior to your procedure. *Ex: If your procedure is on a Friday, your prescriptions will be sent in by Monday or Tuesday of that week.*


If you have any further questions, please feel free to contact our office at (702) 312-3333.


Thank you!  
-Sinus Relief Center


## Patient Instructions for In-Office Sinus Procedure


### Day **BEFORE** your procedure


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**PICK UP THE MEDICATIONS THAT HAVE BEEN CALLED IN TO YOUR PHARMACY** (antibiotics and/or steroids, Afrin nasal spray, and Diazepam). If your pharmacist does not give you Afrin, it may not be covered by your insurance as it is over the counter. Ask your pharmacist where you can purchase Afrin nasal spray.
- 


**START TAKING YOUR PRESCRIBED MEDICATIONS, EXCEPT DIAZEPAM** (antibiotics and/or steroids and Afrin nasal spray). Follow the instructions on the packaging.
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**DO NOT TAKE DIAZEPAM!** You need to bring this medication with you on your procedure day. Once you meet with a provider in our office, they will instruct you to start taking this. **IT IS IMPORTANT THAT YOU BRING THE DIAZEPAM WITH YOU ON YOUR PROCEDURE DAY!!**
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**SPRAY TWO (2) SPRAYS OF AFRIN** in each nostril (in the morning and again before bedtime). After the bedtime use, put Afrin away as you no longer need to use it for your procedure. **USE AFRIN ONLY ON THE DAY BEFORE YOUR PROCEDURE.**
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**DO NOT TAKE ASPIRIN OR ANY BLOOD THINNERS 3-5 DAYS PRIOR TO YOUR PROCEDURE**, unless you have explicit permission from your cardiologist or primary care physician.
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**ARRANGE FOR A DESIGNATED DRIVER TO TAKE YOU TO AND FROM YOUR PROCEDURE.** If you are not able to arrange a driver, contact our office at least two (2) days prior to your procedure so that we may assist you.
- 


**ARRANGE FOR A CAREGIVER** to be with you 24-48 hours (1-2 days) after your procedure.
- 


The surgery department will be calling you the day before your procedure to verbally confirm your scheduled arrival time, procedure time, go over medication instructions, and answer any questions or concerns you may have.


## Patient Instructions for In-Office Sinus Procedure


### Day OF your procedure


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**TAKE ONE (1) DOSE OF ANTIBIOTICS AND ONE (1) DOSE OF STEROIDS IN THE MORNING**, on the day of your procedure. Follow the instructions on the packaging and continue medications until finished.
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**DO NOT DRINK ANY CAFFEINE** (coffee, soda, tea, etc.) on the day of your procedure.
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**DO NOT TAKE ASPIRIN OR ANY BLOOD THINNERS ON THE DAY OF YOUR PROCEDURE.**
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**DO CONTINUE TO TAKE YOUR REGULAR MEDICATIONS AND VITAMINS, ESPECIALLY YOUR HIGH BLOOD PRESSURE MEDICATIONS, IF ANY.**
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**EAT A SMALL MEAL OR SNACK** prior to arriving to our office.
- 

**WEAR COMFORTABLE CLOTHING AND SHOES** (no high heels) on the day of your procedure.
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**DO NOT BRING ANY PERSONAL BELONGINGS** (cell phones, purses, sunglasses, wallets, jewelry, hats, etc.) to the office on the day of your procedure.  
*\*Please be advised that we are not responsible for any personal items lost during your procedure\**
- T-2:30** **ARRIVE TO OUR OFFICE AT THE ARRIVAL TIME VERBALLY PROVIDED TO YOU BY THE SURGERY DEPARTMENT THE DAY BEFORE YOUR PROCEDURE.**
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**DO HAVE YOUR CAREGIVER CHECK IN WITH YOU FOR YOUR PROCEDURE.** The front desk will go over instructions with them, have them watch a quick video regarding nosebleeds after procedure, and gather their contact information.
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**After your procedure**, your caregiver will need to replace your gauze and/or cotton balls with the supplies provided in the post-op bag when dressing is fully saturated.

**CONTACT OUR OFFICE AT (702) 312-3333 FOR ANY QUESTIONS OR CONCERNS. CALL 911 FOR EMERGENCIES. IF YOU MUST GO TO THE EMERGENCY ROOM, GO TO SOUTHERN HILLS HOSPITAL AND NOTIFY THE TREATING PHYSICIAN THAT DR. NALBONE IS YOUR SURGEON.**

## Patient Instructions for In-Office Sinus Procedure

### Day AFTER your procedure

#### DO's



**DO** drink water, tea, or other fluids two (2) hours after procedure to ease any numbness or sensitivity in your throat.



**DO** sleep with your head elevated using 3-4 pillows or sleep in a recliner for the **first 48 hours (2 nights)**.



**DO** continue taking your prescribed medications (antibiotics and/or steroids), following the dosage instructions on the packaging.



**DO *gently and slowly*** clear your throat if you have phlegm and mucus.



**DO** take Tylenol for pain, as needed, following the dosage instructions on the packaging.



**DO** use the gauze and cotton balls provided in your post-op bag to change your dressing, as needed.



**DO** make sure that you have a caregiver with you for up to **24-48 hours after your procedure**, as needed.



**PLEASE CALL 911 FOR EMERGENCIES. IF YOU MUST GO TO THE EMERGENCY ROOM, GO TO SOUTHERN HILLS HOSPITAL (9300 W. Sunset Rd., Las Vegas, NV 89148) AND NOTIFY THE TREATING PHYSICIAN THAT DR. NALBONE IS YOUR SURGEON.**

#### DON'Ts



**DO NOT** blow your nose **UNTIL 24 hours (1 day) after your procedure.**



**DO NOT** use the Afrin Nasal Spray the day of and the day after your procedure.



**DO NOT** use a CPAP machine **UNTIL 72 hours (3 days) after your procedure.**



**DO NOT** bend, lift heavy weights, or exercise **UNTIL 48 hours (2 days) after your procedure.**



**DO NOT** consume any alcohol **UNTIL 48 hours (2 days) after your procedure.**



**DO NOT** smoke or vape **UNTIL 48 hours (2 days) after your procedure.**



**DO NOT** start rinsing your nose with saline rinse or mist **UNTIL bleeding has completely stopped (PURCHASE AT ANY PHARMACY).** Blow slowly and gently.



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## FAMILY/CAREGIVER POST-OP INSTRUCTIONS



### **BED REST**

✓ - The patient will need to rest with their head elevated, using three (3) to four (4) pillows or a recliner.

**WHY?** *\*If the patient lays flat or has any sudden movements, it may cause more bleeding.*



✓ - **DO NOT LEAVE THE PATIENT UNATTENDED** until twenty-four (24) to forty-eight (48) hours after the procedure, as needed. The patient will need assistance with walking and using the restroom.

**WHY?** *\*The patient may be very drowsy and sleepy due to the medications for up to twenty-four (24) hours or more and may not be stable to walk independently.*



**2 HOURS**

✓ - **DO NOT GIVE THE PATIENT ANYTHING TO EAT OR DRINK** until two (2) hours after the procedure.

**WHY?** *\*The patient's throat will be numb due to the local anesthesia and will have difficulty swallowing.*



✓ - **CHANGE THE PATIENT'S GAUZE DRESSING AND/OR COTTON BALLS** when it is bloody and full (as often as needed).

*\*\*Extra gauze and cotton balls are provided in the patient's post-op bag. This will help with bleeding after the procedure. If more gauze and cotton balls are needed, it can be purchased at CVS, Walgreens, or any pharmacy.*



✓ - For any questions or concerns after the procedure, contact our office at (702) 312-3333.

**CALL 911 FOR EMERGENCIES. IF YOU MUST GO TO THE EMERGENCY ROOM, GO TO SOUTHERN HILLS HOSPITAL AND NOTIFY THE TREATING PHYSICIAN THAT DR. NALBONE IS YOUR SURGEON.**



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## **FAQs (FREQUENTLY ASKED QUESTIONS)**

### **How long will I be bleeding?**

Bleeding usually lasts 24-48 hours. It is very important to stay seated upright on a recliner chair or in bed with your head elevated using 3-4 pillows to minimize bleeding for the first 6-8 hours. You will minimize bleeding by minimizing bending, lifting, and exerting yourself, this includes walking on day one.

### **What should I do for continuous bleeding that will not stop?**

Sit upright on a recliner chair, do not bend, lift, or exert yourself. Stuff cotton balls in the bleeding nostril with some force to plug off the nose. Then, pinch your nostril shut for 15-20 minutes so no blood can come out. Your nose will clot, and bleeding will stop. You can also find a How-To video to help stop the bleeding on our website [www.sinusreliefcenter.com](http://www.sinusreliefcenter.com) under Patient Resources. If this does not stop the bleeding, then you must go to the emergency room, preferably Southern Hills Hospital. If you have high blood pressure, take your medicine for this, and see a doctor.

### **Will I get any pain medication to use after my balloon procedure?**

We usually do not provide pain medication because most patients do not need anything other than Tylenol.

### **Can I only take Tylenol for pain? Why not Ibuprofen or Advil?**

We recommend only taking Tylenol. Ibuprofen and Advil increases the chances of bleeding. Hold off on Ibuprofen and Advil at least until after the bleeding has stopped.

### **How long will I be in pain for?**

If there is pain/discomfort, it will typically last 24-48 hours, as this varies for every patient. A good number of patients have very minimal to no pain after their procedure.

### **How long will the effects of the Valium last?**

The effects of the Valium will vary for every patient. You will be very drowsy after your procedure; therefore, it is imperative that you have a caretaker to drive you home and care for you for up to 24-48 hours. Some people can have the effects for a few hours after their procedure, while others can have the effects carry over until the day after their procedure. Most patients will no longer feel the effects by 48 hours. However, some elderly patients or patients with slow metabolism may have the medication effect last for a few days.

### **How often do I have to change the gauze over my nose?**

If the gauze is bloody, continuously change it with a new gauze, provided in your post-op bag, until you are no longer bleeding. Once you are no longer bleeding, remove it and leave it off.

**How long do I have to keep the cotton balls inside of my nose?**

Take out the cotton balls 24 hours after your procedure if it is dry and no longer bleeding. If it is bloody, continuously change it with new cotton balls, provided in your post-op bag, until you are no longer bleeding.

**How long should I sleep with my head elevated?**

Keep your head elevated for 24-48 hours. Stay in the elevated position until bleeding your bleeding has stopped. You may lay on a recliner that will not be completely flat or lay in bed with 3-4 pillows to keep your head raised.

**Is it normal to sleep for 2-3 days after the procedure?**

This will vary for every patient, and this can be normal depending on the patient. This can depend on your age and how well your body metabolizes the sedatives.

**How long am I going to be congested for?**

Congestion usually lasts 2-5 days, but this varies for every patient. Be sure to start rinsing your nose, 24 hours after your procedure and your bleeding has stopped, as this will clear out some of the old blood, debris, and junk in your nose. Rinsing the nose will help with congestion.

**How often and how long should I be rinsing my nose?**

You can start rinsing your nose with a saline rinse only when you are no longer bleeding. If you are no longer bleeding, you need to start rinsing your nose at least five times per day. You should be rinsing until all the old blood and debris has been cleared from your nose, which is usually 2-3 weeks. It is also good hygiene to rinse your nose daily, but this is optional.

**Do I have to come to the post-op appointment?**

Yes. During your post-op appointment, you will be notified of your procedure outcome (how well it went, how bad/good your sinuses were, etc.) Your sinus problems will also be discussed and dealt with if they are gone, going away, or not going away. Furthermore, you will be advised on how to maintain your sinus problems and/or possible allergies for better long-term results.

**Can I use Claritin, Allegra, Zyrtec, Flonase, Nasacort, Mucinex, Sudafed, or other allergy medications and nasal sprays on the day of my procedure?**

No. We recommend for you to stop using these medications 24 hours/1 day prior to your procedure.

**Can I still use Afrin, Neo synephrine, or 4-way nasal spray after my procedure?**

No. After your procedure, avoid use of Afrin, Neo synephrine, and 4-way nasal spray for several weeks. During your post-op appointment, you can discuss the use of these sprays with your provider.

**When can I start using Flonase, Nasacort, and other nasal sprays?**

After your procedure, avoid use of any nasal sprays. During post-op appointment, you can discuss the use of nasal sprays with your provider.

**When can I start Claritin, Allegra, Zyrtec, or other allergy medications?**

You can start using Claritin, Allegra, Zyrtec, and other over the counter allergy medications the day after your procedure. For two (2) weeks, do not use these medications combined with a decongestant, i.e. Claritin-D, Allegra-D, and Zyrtec-D (ONLY USE Claritin, Allegra, Zyrtec).

**Can I use a Water Pik or Neti Pot to rinse my nose after the procedure?**

No. These methods can forcibly push off a clot and cause bleeding. Rinse with saline and blow gently, as instructed. During your post-op appointment, you can discuss when it is safe to use the Water Pik or Neti Pot with your provider.

**When should I stop and start drinking alcohol?**

You should stop drinking alcohol 24 hours/1 day prior to your procedure. You can resume drinking alcohol 48 hours/2 days after your procedure.

**When should I stop and start smoking cigarettes, Vape, etc.?**

There are no smoking restrictions prior to your procedure. However, after your procedure, you can resume smoking after 48 hours/2 days.

**When can I resume strenuous activities (exercise, intercourse, bending, lifting, etc.) after my procedure?**

You can resume strenuous activities 48 hours/2days after your procedure and until there are no more signs of bleeding. Start slowly with all strenuous activities, then you can gradually increase intensity for your normal routine.

**When can I travel by airplane after my procedure?**

If you have no more bleeding after 48 hours/2 days, then you can travel via airplane. However, we recommend that you discuss this with your provider at your follow-up appointment.

***\*\*For any further questions, please call our office at (702) 312-3333.\*\****