

SINUS PROCEDURE DATE: _____

POST-OP APPOINTMENT: _____



Specializing in Balloon Sinuplasty Dilation
Breathe Better Now!

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

- ✓ Discussed the Balloon Sinuplasty Dilation procedure with one of our providers.
- ✓ Reviewed and signed the consent form for the Balloon Sinuplasty Dilation procedure.
- ✓ Received a folder with all the instructions pertaining to the Balloon Sinuplasty Dilation procedure, which was reviewed and discussed with you by a procedure coordinator.

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

- ✓ DAY BEFORE your procedure
- ✓ DAY OF your procedure
- ✓ AFTER your procedure
- ✓ DAY AFTER your procedure
- ✓ FAMILY/CAREGIVER POST-OP INSTRUCTIONS **Please review these instructions with your caregiver (DATE / CARE) ***

WHAT'S NEXT?

- ✓ The procedure department will be informed of your scheduled procedure date.
- ✓ You will receive a call two weeks prior, one week prior, as well as the day before your procedure date to confirm procedure details, answer any of your questions or concerns, and confirm medications that will be sent.
- ✓ You may receive an email or a text notification regarding the date and time of your procedure. The date is correct; however, **YOUR PROCEDURE TIME IS TENTATIVE. The procedure 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 may receive an email or a text from our office that these prescriptions were sent. We recommend that you call your pharmacy to ask about the status of your prescriptions before picking them up.

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 or concerns, please contact our office at (702) 312-3333.









Thank you!

Vegas Breathe Free formerly known as Sinus Relief Center



Patient Instructions for Balloon Sinuplasty Dilation

Day **BEFORE** your procedure

- ☐  **PICK UP THE MEDICATIONS THAT OUR OFFICE SENT TO YOUR PHARMACY** (antibiotics and/or steroids, Afrin nasal spray, and Triazolam). ***If your pharmacist does not give you Afrin, it means that it is not 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** (antibiotics and/or steroids). Use as directed on the medication packaging.
- ☐  **BEFORE BEDTIME, SPRAY FOUR (4) SPRAYS OF AFRIN IN EACH NOSTRIL.**
- ☐  **DO NOT TAKE TRIAZOLAM!** You will be instructed today on how to take this prescribed medication for your procedure.
- ☐  **DO NOT TAKE ASPIRIN, IBUPROFEN, FISH OIL, OR ANY BLOOD THINNERS 3-5 DAYS PRIOR TO YOUR PROCEDURE**, unless you have explicit permission from your cardiologist or primary care physician.
- ☐  **ARRANGE FOR A DESIGNATED DRIVER TO TAKE YOU TO AND FROM YOUR PROCEDURE.** If you are not able to arrange for 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, as needed. If you are not able to arrange for a caregiver, contact our office at least two (2) days prior to your procedure so that we may assist you.
- ☐  The procedure department will be calling you the day before your procedure to verbally confirm your scheduled arrival time, discuss medication instructions, and answer any questions or concerns you may have.



Patient Instructions for Balloon Sinuplasty Dilation

Day OF your procedure



TAKE THE TRIAZOLAM MEDICATION AT THE TIME YOU WERE GIVEN/INSTRUCTED DURING YOUR DAY BEFORE PROCEDURE PHONE CONFIRMATION.



TAKE ONE (1) DOSE OF ANTIBIOTICS AND THE BREAKFAST AND/OR LUNCH DOSE OF STEROIDS PRIOR TO ARRIVING TO OUR OFFICE.



SPRAY FOUR (4) SPRAYS OF AFRIN IN EACH NOSTRIL PRIOR TO ARRIVING TO OUR OFFICE. Afterwards, put Afrin away as you no longer need it for the procedure.



DO NOT TAKE ASPIRIN, IBUPROFEN, FISH OIL, OR ANY BLOOD THINNERS.



CONTINUE TO TAKE YOUR REGULAR MEDICATIONS AND VITAMINS, *ESPECIALLY YOUR HIGH BLOOD PRESSURE MEDICATIONS*, IF ANY.



MAKE SURE TO EAT A LIGHT MEAL, BUT DO NOT DRINK ANY CAFFEINE! (*coffee, soda, tea, etc.*)



WEAR COMFORTABLE CLOTHING AND SHOES (NO high heels & NO flip-flops, CLOSED TOE SHOES ONLY).



DO NOT BRING ANY PERSONAL BELONGINGS (cell phones, purses, sunglasses, wallets, jewelry, hats, etc.) to your procedure, unless necessary.

****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 PROCEDURE DEPARTMENT.



YOUR CAREGIVER NEEDS TO COME IN WITH YOU WHEN YOU CHECK IN FOR YOUR PROCEDURE. The front desk will read over the caregiver instructions, gather their contact information, and provide a post-op bag.



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.



Patient Instructions for Balloon Sinuplasty Dilation

AFTER your procedure

DO's



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



DO sleep with your head elevated using 3-4 pillows or sleep on 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. Complete these medications.



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 **1 day 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 YOU JUST HAD A BALLOON SINUPLASTY DILATION WITH DR. NALBONE.

DON'Ts



DO NOT BLOW YOUR NOSE WITH FORCE UNTIL 7 days after your procedure.



DO NOT use Afrin Nasal Spray the day after your procedure, *unless you have explicit permission from one of our providers.*



DO NOT use a CPAP machine UNTIL 2 days after your procedure.



DO NOT bend, lift heavy weights, or exercise UNTIL 3 days after your procedure.



DO NOT consume any alcohol UNTIL YOU HAVE COMPLETED ALL OF YOUR PRESCRIBED MEDICATIONS.



DO NOT smoke or vape UNTIL 2 days after your procedure. Hold off as long as possible.



DO NOT start rinsing your nose with saline rinse UNTIL bleeding has completely stopped.



DAY AFTER PROCEDURE

Patient Instructions for Nasal Irrigation



Purchase NeilMed Sinus Rinse at any pharmacy.



Place the tip of the bottle on one side of your nostrils and squeeze.



Repeat on the other side.

- **DO NOT** start rinsing your nose with saline rinse **UNTIL bleeding has completely stopped, 24 hours after your procedure.**
- When you start doing the sinus rinse, do not blow hard, as this may cause bleeding.
- Do the sinus rinse at least 2-3 times a day.
- There is no limit to how often you do the sinus rinse; this is not medicine.
- The more stuff you clear out, the faster healing occurs and the faster you breathe better.
- Continue to do your sinus rinses 2-3 times a day until your post-op appointment.
- Keep fingers out of the nostrils.

SCAN THIS QR CODE ON YOUR PHONE TO WATCH A VIDEO ON HOW TO DO THE SALINE RINSE





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FAMILY/CAREGIVER POST-OP INSTRUCTIONS



BED REST

✓ - The patient will need to rest with their head elevated, using three to four (3-4) 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) 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 and coughing.*



✓ - **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 YOU JUST HAD A BALLOON SINUPLASTY DILATION WITH DR. NALBONE.



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FAQs (FREQUENTLY ASKED QUESTIONS)

How long will my procedure take?

The procedure itself can take from 20-30 minutes, depending on each patient. However, do expect to be in our office for about 1-1 ½ hours, at the most, for before and after care.

How long will I be bleeding?

Bleeding usually lasts 24-48 hours, depending on every patient. 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 if I have continuous bleeding that will not stop?

Stuff a cotton ball in the bleeding nostril with some force to plug off the nose. Stuff in as many cotton that will fit. 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.vegasbreathefree.com under Patient Resources.

If the bleeding doesn't stop, you can spray 2 sprays of Afrin in each nostril. Then, get a cotton ball for the bleeding nostril, soak it with Afrin, and stuff as much cotton as you can in the nostril for about 15 minutes.

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 extra strength Tylenol (1000mg every 6 hours, as needed for pain). You can also apply an ice pack for 24-48 hours to reduce any swelling.

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

Yes, we recommend only taking Tylenol! Ibuprofen and Advil increases the chances of bleeding. Hold off on Ibuprofen and Advil at least 1-2 days after the bleeding has stopped.

How long will I be in pain for?

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

What should I expect to have on my nose after my procedure?

You will be going home with cotton balls inside each of your nostrils and gauze taped underneath your nose in case there is any bleeding. The outside appearance of your nose will look unchanged.

How long will the effects of Triazolam last?

The effects of Triazolam will vary for every patient. You will be very drowsy after your procedure; therefore, it is imperative that you have a caregiver to drive you home and care for you for up to 24 hours, as needed. 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 after 24 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 that is provided in your post-op bag, until you are no longer bleeding. Once you are no longer bleeding, you can remove it.

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

You can take out the cotton balls 24 hours after your procedure if they are dry and you are 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 at 45 degrees?

Keep your head elevated for 24-48 hours. Stay in the elevated position until 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 be sleepy 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 2-7 days, but this varies for every patient. Once your bleeding has completely stopped, you can start rinsing your nose the day after your procedure.

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

You can start rinsing your nose with Neil Med Sinus Rinse 24 hours after your procedure, **ONLY IF YOU HAVE NO BLEEDING.** If you do have bleeding, re-evaluate on another day. If you are no longer bleeding, you need to start rinsing your nose gently at least 2-3 times per day for 2 weeks. You should be rinsing until all the old blood and debris has been cleared from your nose. It is also good hygiene to rinse your nose daily, but this is optional. **BE SURE NOT TO BLOW YOUR NOSE HARD FOR 1-2 WEEKS.**

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 the procedure 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.

When I can use my CPAP machine after my procedure?

You can resume using your CPAP machine 2 days after your procedure as this can cause bleeding.

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.

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 you stop using these medications 24 hours/1 day prior to your procedure. 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 still use Afrin, Neo synephrine, 4-way nasal spray, Flonase, Nasacort, and other nasal sprays after my procedure?

No. After your procedure, avoid use of Afrin, Neo synephrine, and 4-way nasal spray for several weeks, unless directed by your provider. During your post-op appointment, you can discuss the use of these sprays and other sprays with your provider. Hold off all medicated nasal sprays until you are seen by one of our providers and you are cleared to use them.

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, marijuana, etc.?

There are no smoking restrictions prior to your procedure. However, after your procedure, you can resume smoking after 48 hours/2 days. The longer you can hold off smoking/vaping, the better you will heal.

When can I resume normal activities (walking, cycling, and intercourse) after my procedure?

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

When can I resume strenuous activities (exercises, bending, lifting heavy weights, etc.) after my procedure?

You can resume strenuous activities 3 days after your procedure. Start slowly with all strenuous activities, then you can gradually increase intensity for your normal routine over a few days.

When can I travel by airplane after my procedure?

If you have no more bleeding after 3 days, then you can travel via airplane. However, we recommend that you discuss this with your provider at your post-op appointment.

Patients CAN wear the following items during their procedure:

- Hearing aids
- Dentures
- Nose ring (*stud may need to be removed*)
- Nicotine patch
- Headphones

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