



Ronald A. Krueger, MD, FAACS

## Balloon Sinuplasty: *Patient Instructions*

Date of procedure:	Time:
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### *Before procedure*

- \*Fill all prescriptions given to you today prior to procedure.
- \*Avoid and NSAIDS two weeks prior to procedure which includes; Aleve, Aspirin, Ibuprofen or Motrin. Tylenol is OK.
- \*Start Medrol dose pack per instructions on pack and afrin twice a day. You will start both of these medications two days prior to your procedure.

### *Day of procedure*

- \*Take your pre procedure sedative medication as directed. Use the afrin every hour the morning before your procedure to help decongest.
- \*Eat a light breakfast prior to coming in and wear comfortable clothes.
- \*Go home and rest for the remainder of the day.

### *Day after procedure*

- \*Starting the morning after your procedure, start your course of antibiotics along with your Neil med sinus rinse. You will take your antibiotics as directed and use the sinus rinse three times a day and half of the bottle per nostril until we see you at your post op appointment.
- \*Make sure to stay hydrated! Drinking water will help with the congestion, healing and pain.
- \*You may have some bleeding after the procedure for 3-5 days. Gently blowing your nose is OK.
- \*You may have some sinus pressure/pain for several days after. You can take Tylenol to help alleviate the pressure/pain.
- \*You can resume normal activities the week after your procedure. If you are flying, discuss with Dr. Krueger the details and when to fly.

**\*Call our office if you have a fever over 101F, excessive bleeding, eye swelling, visual difficulty a sharp increase in pain or pain that is not relieved with medication**



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**Call 425-341-4305 day or night with questions.**

**Post-Op Visit #1:** \_\_\_\_\_

**Post-Op Visit #2:** \_\_\_\_\_

***Medications***

**Antibiotic:**

**Nausea:**

**Pain:**

**Other:**