

## Tips To Help You After Your Procedure:

- Schedule a follow-up appointment with your physician at Lakeside ENT:
- Avoid blowing your nose for the week immediately following the procedure or until your follow-up appointment. If you have to blow your nose, do so lightly,
- If you accidentally blow your nose or sneeze, you may get some air in your cheek or face. If this happens, you will notice some puffiness in your face. It is not usually serious and will resolve in a day or two. If you are concerned, call your physician,
- You may sniff inwards all you want
- If you have to sneeze, open your mouth and let air leak out as much as you can.
- Sleep with your head elevated on 2-3 pillows for 2-3 days. This will help reduce swelling.
- Moisturize your nose 2-3 times a day with saline spray. When you use saline spray, spray it in your nose and sniff backwards.
- If you use CPAP, do not use it for one week after the procedure.
- You may return to work the following day after the procedure.
- Refrain from vigorous physical activity for 5-7 days after your procedure.
- If you have severe nausea or headaches, a heavy uncontrollable nosebleed, or have other questions about your recovery, call your doctor at (585) 394-8800.

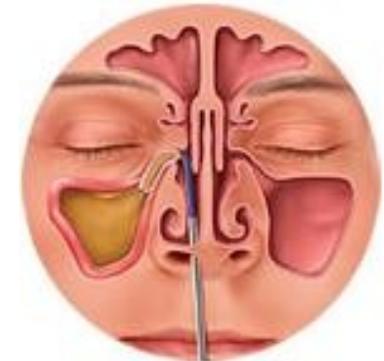


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Board Certified Otolaryngology  
Head and Neck Surgery



## Balloon Assisted Sinus Surgery (BASS)

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## Directions to Help You Prepare For Your Procedure:

### Pre-Procedure Medication

#### Instructions:

**Valium 5mg (3 tabs) – 1 tab the night before scheduled procedure. Patient may take the 2<sup>nd</sup> tab that evening if he/she feels the need. 3<sup>rd</sup> tab is to be taken in the morning 1 Hour before arrival to the office for the procedure.**

**Percocet 5/325 (10 tabs) – 1-2 tabs in the morning a half hour before arrival. 1 tab every 3 hours as needed for pain following the procedure.**

### Medications to Discontinue Prior to the Procedure:

**Discontinue All Aspirin products 10 days prior to procedure  
Discontinue Blood Thinners 5 days prior to procedure**

**\*\*Patient will need a driver to and from this appointment due to medications given prior to the procedure.**

## What to Expect During Your Procedure:

A typical balloon sinus dilation procedure consists of two phases

### **1. Application of Local Anesthesia**

(approximately 15-30 min)

Your Physician will determine the best way to numb the inside of your nose. Your Physician may:

1. Spray inside your nose with numbing medicine and decongestant.
2. Place small pieces of cotton soaked in numbing medicine and decongestant in your nose. These small pieces of cotton should not affect your ability to breathe through your nose.
3. Use a tiny needle to inject small amounts of numbing medicine in some key locations inside your nose. Because of the numbing medicine on the cotton pieces, these injections should not hurt.

After each step, your physician may give the numbing medicine and decongestant some time to work before proceeding to the next step.

Different physicians follow different approaches to local anesthesia, based on their experiences and optimized for your specific procedure. Ask your doctor what you can expect.

### **2. Procedure** (can vary – approximately 30 minutes)

First, your doctor may insert a small tool into your nasal passages to make sure the numbing medicine is working and that you are comfortable. Your doctor will then insert a small balloon and inflate the balloon for approximately five seconds to open the sinus pathway and restore drainage. Once the pathway is opened, your doctor will deflate the balloon and remove the device. Nothing stays in your nose. Your doctor may treat more than one sinus during your procedure.

## Tips To Help You During And After Your Procedure:

- When your physician inflates the balloon, you may feel some pressure, but not pain.
- During balloon inflation, you may hear some popping which is normal.
- Every patient's anatomy is unique. Ask your doctor what to expect during your procedure.
- After the procedure, you may experience some numbness in your throat due to anesthesia.
- You may experience light bleeding from your nose for a few days after your procedure.

## What To Expect After Your Procedure:

Many patients return to normal activity the day of the procedure. Your physician may ask you to refrain from vigorous physical activity for a period of time after the procedure.

Do not hesitate to contact your physician if you have any questions about your recovery