

# ENT Southlake

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## ET Balloon Dilation Surgery

This procedure can be performed either with local anesthetic or under general anesthetic. Patients can return to work one day after surgery. Post-operative care is simple and only twice daily saline rinses of the nasal cavity are required to help with crusting, mucous and healing. Minor debridement and cleaning of the nose may be required at the first postoperative visit. Success is determined by improved patient symptoms and no longer needing a tube in the ear drum. It may take a few months to determine whether the surgery was a success.

- Please start your saline irrigations the day after surgery. Wash with salt water solution twice a day. I recommend the NeilMed Sinus Rinse bottle with the packets, but you can make your own salt solution with distilled or boiled water if you prefer.
- It is likely to have bloody mucus drainage from your nose for 24 hours, sometimes less, sometimes more. If blood is soaking through a dressing every hour, you may need to talk to the doctor on call.

### **It is okay to:**

- Blow your nose gently, wipe your nose, or sneeze
- Use Afrin as needed for 3 days after surgery
- Take Tylenol. If you can, avoid use of aspirin, BC powder, naproxen, or ibuprofen for a few days
- Sleep with your head elevated – this will help to keep swelling down in your nose
- If there is bleeding, use Afrin on large cotton balls in the front of the nose to help stop bleeding

### **Please call us if you have:**

- Any excessive bleeding, especially after 3-4 days post-surgery
- Fever above 101
- Worsening pain. Infection is rare but can occur. Generally, this comes with worsening pain and/or thick nasal drainage about 4-5 days after surgery.