

WHAT TO EXPECT AFTER

BALLOON SINUPLASTY



ACTIVITY AND DIET

Normal diet as tolerated. Take it easy for the first day after procedure the return to normal activity. Avoid any activity where you may be bumped in the nose.

PAIN

There may be some discomfort after procedure. You may take over the counter pain medication (Tylenol, Motrin, Advil) Do not take Aspirin. If pain is not controlled with medication, contact our office.

DRAINAGE

You may experience some nasal drainage. There is a possibility that you may experience some bright red bleeding from the nose after the procedure but will dissipate with-in a few days. If the bleeding become severe and lasts longer then 10 minute please contact our office.

GENERAL CARE

You will have some nasal congestion as well as some swelling of the mucous membranes in your nose. This is normal and to be expected. It will gradually decrees over the next couple of weeks. A cool mist humidifier may help keep secretions loose. Use saline nasal spray 3-4 times a day to keep nose moist and Afrin nasal spray up-to two times a day.

FOLLOW-UP APPOINTMENT

Follow-up appointment will be made for you after procedure.

QUESTION OR PROBLEMS

If questions or problems arise please call (810) 695-3766.

J. Martin Ulrich, D.O., F.O.C.O.O
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