

Surgical Procedure: Balloon Sinuplasty

Balloon sinuplasty is a procedure where a thin catheter with a firm balloon on the tip of the catheter is placed within the opening connecting the sinus and the nose. The balloon is inflated, enlarging and re-establishing the connection between the sinus and the nose. This procedure can be performed on the frontal, maxillary and sphenoid sinuses. Nasal endoscopes are fiber-optic telescopes which enable us to perform surgery inside the nose and sinuses as if we were using a microscope.

Risks:

- Failure to decrease the frequency of sinus infections.
- Failure to eradicate the signs and symptoms of chronic sinusitis.
- Bleeding from the nose
- It is important to understand that chronic sinusitis generally cannot be cured, even with surgery. Our goal is to improve the condition, decrease your symptoms and make you feel better. Surgery is not a cure-all but is one mode of therapy. Additional medical and allergy treatment is often necessary as well.
- The loss or change of smell sensation. The nerves that carry our sense of smell come from the tip of the inside of the nose and nasal septum. The nerves can be affected by intranasal surgery resulting in a loss of, or a change in, the sense of smell. This is very rare but it can occur.
- Failure to eradicate facial pain and headaches.

Alternatives to Procedure:

- Medical therapy for acute episodes of sinusitis including antibiotics, decongestants and possibly steroids.
- Chronic antibiotic therapy to prevent episodes of sinusitis.
- Medical therapy for allergies if allergies are thought to be a contributing factor to the sinus problems.

*** You will need a driver on the day of the procedure***

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.