

Balloon Sinuplasty/PolypVac

A typical balloon sinus dilation/PolypVac is an in-office procedure. It consists of two phases, the application of local anesthesia and the procedure itself, which are detailed below.

SINUS
ENDOCRINE
HEAD AND NECK CANCER
VOICE DISORDERS
SALIVARY GLANDS
TONSILS AND ADENOIDS
EARS
PEDIATRICS
SNORING / SLEEP APNEA

WHAT TO EXPECT

Local Anesthesia

- Place a numbing gel inside of your nose.
- Place small pieces of cotton soaked in a numbing medication inside your nose.
- A tiny needle will inject small amounts of numbing medication in some specific locations inside of your nose. Since your nose will be numb from steps a. and b. above, these injections should not hurt. During each step, your physician may give the numbing medication some time to work before proceeding to the next step.

Procedure

Your doctor will make sure that the numbing medication is working and that you are comfortable. Your doctor will insert a small balloon and inflate the balloon for approximately five seconds to open the sinus pathway and restore drainage. Once the pathway is open, the balloon will be deflated and the device will be removed.

Pressure

You may feel some pressure during the procedure.

Numbness

During the balloon inflation, you may hear some crackling which is normal. After the procedure, you may experience some numbness in throat due to the numbing medication.

Bleeding

You may also experience light bleeding from your nose for a few days after your procedure.

PRE-PROCEDURE MEDICATION INSTRUCTIONS

90 Minutes before

- Spray two squirts of Afrin into each nostril
- Take 1 tab Percocet (oxycodone-acetaminophen)
- Take 1 tab Valium (diazepam)
- Take Phenergan (promethazine)

30 Minutes before

- Take 1 tab Valium (diazepam)

Bring medication

Bring remaining Valium (diazepam) (1 tab) to the office with you on the day of the procedure as well as bottle of remaining Percocet (oxycodone-acetaminophen)

PRE-PROCEDURE INSTRUCTIONS

Rides	Make arrangements for someone to drive you to and from the procedure.
Nutrition	Eat a light breakfast or lunch.
Dress	Wear old, comfortable clothing.
Rinse Kit & Nasal Spray	You will need to buy a NeilMed Sinus Rinse Kit and Afrin Nasal Spray. Use the Afrin, two squirts each nostril, 90 minutes before procedure. The NeilMed Sinus Rinse Kit will be used the day after the procedure and is used to rinse out your sinuses. Both are bought over-the-counter. We also have the NeilMed Rinse Kits available at our office for purchase.

POST-PROCEDURE INSTRUCTIONS

Medications	Start steroid pack and antibiotics the day after surgery.
Rinse Kit	Use a NeilMed Sinus rinse kit 4-5 times per day for two weeks.
What to Avoid	Avoid any aspirin or aspirin containing products or any other blood thinners for one week after procedure.
Nasal Spray	You may gently blow your nose after the procedure. If your nose feels clogged, you may use nasal saline spray or nasal irrigation.
Activity	Many patients will return to normal activity the day of procedure. You may go back to work the day after the procedure. Refrain from vigorous physical activity for 24 hours after your procedure. Do not hesitate to contact your physician if you have any questions about your recovery.
Sleeping	Sleep with your head elevated on 2-3 pillows for one day to help reduce swelling.
Diet	You may resume a regular diet as tolerated following the procedure.
Please Call for	<ul style="list-style-type: none">• Fever• Headache or severe nausea• Heavy uncontrolled nosebleed• Sense that something is wrong
Questions?	If you have any questions, please do not hesitate to call on us at (585) 256-3550 and ask for our nurse. We are all here to assist you in any way we can.
Emergencies	If you have an emergency after hours or on the weekend please call our professional answering service at (585) 258-4840.