



You have just completed an in-office balloon sinuplasty with turbinate reduction. The balloon has gently opened your blocked sinus passages and your turbinates have been reduced to improve your nasal airway. What you do in the next several days directly affects how quickly and completely you heal — please read these instructions carefully.

The First Few Hours

The oral sedation (Halcion + Norco) will take several hours to fully wear off. During this time:

- **Do not drive, operate machinery, or make important decisions** for the remainder of the day
- Rest at home — keep your head elevated, including when sleeping tonight
- A **burning sensation inside the nose is normal 1–2 hours after the procedure** as the topical anesthetic wears off. This is temporary and will pass on its own
- Light bloody drainage or pink-tinged mucus from the nose is expected for the first 24–48 hours
- Sneezing, if it occurs, should be done with your mouth open to reduce pressure

Pain Management

Motrin (ibuprofen) and **Tylenol (acetaminophen)** are the recommended first-line options for discomfort — alternate them every 4–6 hours as needed:

- Motrin 400–600 mg every 6–8 hours with food
- Tylenol 500–1000 mg every 6 hours — **do not exceed 3,000 mg per day**
- If you experience severe pain not relieved by the above, you may use **remaining Norco tablets as directed** — take only as needed for breakthrough pain
- **Do not take any of the remaining Halcion tablets** — those were for the procedure only

What NOT To Do This Week

- **Do not blow your nose forcefully** for the first 48 hours — sniff gently or dab
- Avoid strenuous exercise, heavy lifting, and bending over for 3–5 days
- Avoid swimming, hot tubs, and submerging your head in water for 2 weeks
- Avoid alcohol while taking prescription pain medication
- Do not fly for 5–7 days unless cleared by your surgeon

Saline Rinsing — Start the Day After Your Procedure

Saline rinsing is the **single most important thing** you can do to support healing after balloon sinuplasty. It clears blood, crusting, and inflammatory debris from inside your newly opened sinuses and nasal passages.

- **Begin rinsing the day after your procedure** — not the same day
- Rinse **at least twice daily** — morning and evening is ideal. More is better
- Use a squeeze bottle or neti pot with pre-mixed sterile saline packets, available at any pharmacy
- Lean forward over the sink and instill the rinse into each nostril, allowing it to drain out the other side or from the mouth
- Continue rinsing daily for a **minimum of 4–6 weeks**, then as needed

Nasacort Nasal Steroid Spray

Nasacort (triamcinolone) is a key part of your long-term results. It reduces swelling and inflammation inside the sinuses and nasal passages, helping keep the newly opened pathways from narrowing again.

- **Begin Nasacort the day after your procedure**, after your first saline rinse
- Dose: **2 sprays in each nostril, twice daily**
- Tilt your head slightly forward and aim the spray toward the outer wall of the nostril — not straight up
- Do not skip — consistent daily use is essential. This is a long-term medication, not just a short course

Antibiotics

A **5-day course of prophylactic antibiotics** has been prescribed to prevent infection while your sinuses heal.

- Take every dose as prescribed — complete the full course even if you feel well
- If an acute sinus infection was found during your procedure, your antibiotic course may be longer — follow the instructions on your prescription bottle
- Take with food to reduce stomach upset

★ TOP TAKEAWAYS

Your Medications Summary

- **Motrin** — for pain and swelling, take with food
- **Tylenol** — alternate with Motrin every 4–6 hrs
- **Norco** — remaining tablets for severe breakthrough pain only
- **Halcion** — do NOT take any remaining tablets
- **Antibiotics** — complete the full 5-day course
- **Nasacort** — 2 sprays each nostril twice daily, start day after procedure

Day-by-Day Expectations

- **Day of procedure:** Rest, head elevated, burning sensation as anesthetic wears off — normal
- **Day 1:** Begin saline rinses and Nasacort. Light drainage continues
- **Days 2–4:** Congestion may peak as normal healing swelling sets in. Keep rinsing
- **Days 5–7:** Congestion begins to ease. Most patients feel noticeably better
- **Week 2:** Follow-up appointment. Significant improvement expected
- **Weeks 4–6:** Full benefit achieved as sinuses complete healing

Saline Rinses — Why They Matter So Much

After balloon sinuplasty, the newly opened sinus passages are lined with inflamed, healing mucosa. Without rinsing, dried blood and crusting can partially obstruct the opening you just had widened. Saline physically removes this material and keeps the passage clear while the tissue heals around it.

Patients who rinse diligently **twice or more per day** consistently heal faster, have less post-procedure congestion, and maintain their results longer than those who skip rinsing.

- Use only sterile, pre-mixed saline packets — not tap water
- Rinse before using Nasacort so the spray reaches clean mucosa
- If the rinse stings initially, this is normal — it will improve within a few days

Nasacort — The Long Game

Balloon sinuplasty opens the mechanical obstruction. Nasacort controls the underlying mucosal inflammation that caused the blockage in the first place. Skipping Nasacort is one of the most common reasons patients see their symptoms return over time.

- Use it every day — not just when you feel congested
- It is safe for long-term daily use with no systemic side effects at this dose
- If you run out, any triamcinolone nasal spray is equivalent — generic is fine

Your Follow-Up Visit

Your follow-up is scheduled approximately 1–2 weeks after your procedure. At this visit your surgeon will use a small endoscope to directly inspect your sinus openings, clear any debris or crusting, and assess your healing. **Please do not miss this appointment** — it is a critical part of your care.

Managing Congestion

It is very common to feel more congested than before the procedure during the first 3–5 days as normal healing swelling develops. **This is expected and temporary** — your sinuses are healing. It does not mean the procedure didn't work.

- Sleeping with your head elevated on an extra pillow significantly reduces swelling overnight
- A cool-mist humidifier in your bedroom helps keep nasal passages moist and comfortable
- Saline nasal spray (the mist bottle, separate from rinses) can be used throughout the day for additional moisture
- Avoid dry environments and forced-air heat when possible

When to Expect Full Results

Balloon sinuplasty outcomes improve progressively as healing continues. Most patients notice:

- **Week 1–2:** Drainage congestion begins to clear, breathing improves
- **Week 3–4:** Significant reduction in facial pressure and sinus fullness
- **Week 6+:** Full benefit — improved breathing, reduced infections, better sleep quality

Continued use of Nasacort and periodic saline rinsing maintains these results long-term.

Ongoing Sinus Health

- Stay well-hydrated — thin, watery mucus drains easily; thick mucus does not
- Continue managing allergies aggressively if present — untreated allergic inflammation is a primary cause of recurrent sinus disease
- If you use a CPAP machine, keep the humidifier chamber filled and the tubing clean
- Annual follow-up with your ENT is recommended to monitor sinus health

★ TOP TAKEAWAYS

Frequently Asked Questions

My nose feels more blocked than before — is this normal?

Yes — healing swelling in the first few days commonly causes temporary increased congestion. It resolves within a week and is not a sign the procedure failed.

Can I use decongestant nasal sprays?

Avoid Afrin (oxymetazoline) and similar sprays — they cause rebound congestion that worsens with continued use. Saline and Nasacort are the correct tools for the healing period.

Quick-Reference: When to Call

Call **616-994-2770** (press 1 after hours) for:

- Fever over 101°F
- Severe headache or vision changes
- Nosebleed not slowing after 10 minutes of firm pressure
- Worsening pain or pressure after day 4
- Any concern that something doesn't seem right

More Questions

When can I return to work?

Most patients return to desk work within 24–48 hours. Physical or demanding jobs may require 3–5 days. Ask your surgeon at your follow-up if unsure.

How long do the results last?

Studies show durable improvement at 2+ years for most patients. Consistent Nasacort use, saline rinsing, and allergy management are the key factors in maintaining long-term results.

Go to the ER / Call 911 immediately for:

- Swelling or redness around the eye
- Double vision or visual changes
- Severe stiff neck with headache
- Difficulty breathing

Legal Disclaimer: These instructions are general guidelines and not a substitute for emergency care or personalized medical advice. Call 911 in any emergency. Contact our office for guidance.