

**Brevard Ear, Nose & Throat Center
Balloon Sinuplasty Guide**

Pre operation instructions:

Please eat breakfast and or lunch before your procedure.

Please take all daily medications normally except if you're taking Coumadin. We **DO NOT** want you to stop your normal medications for this procedure, but we do want you to **STOP** Coumadin.

Take ibuprofen or Tylenol one hour prior to your procedure time.

Post-operative instructions:

Please make sure to use your saline rinse. (You can rinse out your nose as many times as you want.)

If you need to blow your nose, you may do so. (If you see any blood it is normal.)

You may use Afrin twice daily if needed for congestion for no more than 3 days.

Make sure you have your one week follow up with the doctor. (Very important.)

There are **NO** restrictions after this procedure. You may go back to your normal activities.

If you have any questions, please do not hesitate to call Brevard Ear, Nose & Throat Center at 321-632-6900.