

## IN-OFFICE BALLOONS PROCEDURE

### **Before Procedure Instructions:**

- 4 Medications will be called to Recept Pharmacy, and mailed to your home.
- Perform Nasal Irrigation **twice daily for two weeks** prior to procedure.
  - Use NeilMed bottle along with saline packet (included with NeilMed packaging). Fill bottle to dotted line with DISTILLED water.
- Stop smoking 48 hours prior to procedure.
- Use Afrin (purchase at pharmacy) every 4 hours starting 24 hours prior to procedure.

### **Day of Procedure:**

- You must have someone to bring you and take you home from the procedure.
- Have a high-protein breakfast or lunch with lots of liquids prior to procedure.
- BRING with you to office. **TETRACAINE GEL AND ATIVAN.**
- Take Ativan 30 minutes before you get to the office and bring the rest to office.
- Take pain medication 1 hour before you get to office.
- When you get home start irrigating. Try to irrigate 2 times on day of procedure with only the saline packets (provided in NeilMed package) and DISTILLED water.

### **Day After Procedure:**

- Start antibiotic and Medrol (Methylprednisolone) dose pack. (unless indicated otherwise)
- Continue taking pain medication as needed.
- Continue to irrigate for **two weeks after procedure, twice daily.**
- Use Afrin as needed for nose bleeds. Two sprays each nostril and apply pressure for 15-20 minutes.
- Follow-up with Post-Op appointment as scheduled above.

If you have any problems or questions, contact our office at 817-332-8848.