

APPALACHIAN REGIONAL HEAD & NECK CENTER

HOME OFFICE:

200 MEDICAL CENTER DRIVE, SUITE 2N

HAZARD, KY 41701

606-439-4466

OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY

BALLOON SINUPLASTY

PATIENT TEACHING

- 1. Do not blow your nose for 2 days**
- 2. Irrigate the nose every 4 hours starting the day of procedure with a large glass of distilled water and 1 teaspoon of salt**
- 3. Use Afrin spray twice a day for 5 days**
- 4. Use pain medication as needed**
- 5. A drip pad under the nose may be used if needed**
- 6. Drink plenty of fluids and eat lightly the day of procedure**
- 7. Some drainage is normal**
- 8. Normal activities may be resumed the day after the procedure**

Office Hours:

Monday – Thursday 8:00 a.m. – 4:00 p.m. and Friday - 8:30 – Noon

If you need assistance after these hours, you may contact:

NAME OF PATIENT: _____

FOLLOW UP APPOINTMENT: _____