

Patient Guide

Before your procedure:

- Hear what other patients are saying about their experience at www.BalloonSinuplasty.com
- Wear comfortable clothes the day of your procedure
- Bring music with earphones for use during the procedure, if desired
- Medication instructions: _____

- Other notes: _____

- Arrive 15 minutes prior to your procedure to complete all necessary paperwork and to be briefed by your doctor
- The first 20-30 minutes of your visit will be spent decongesting and numbing your nasal passages. You can expect to feel numbness in your teeth and throat as a result of the numbing medication. The numbing sensation in your throat can be uncomfortable and it may feel like you can't swallow; this is normal!
- The local anesthetic has an unpleasant taste; it is ok to spit it out. Just let your doctor know
- The procedure will begin once your doctor has adequately numbed your nose

What to expect during the procedure:

- You will be awake for your procedure
- The lights will likely be turned down in the procedure room
- Your doctor and his/her staff will be speaking to you and each other throughout the procedure
- If at any point you are unable to tolerate the procedure, please let your doctor know

Gently opening each sinus with *Balloon Sinuplasty* involves just a few steps.



STEP 1: ACCESS THE SINUS

- Your doctor will advance a soft flexible guidewire into the sinus
- You may feel some sensation in your teeth (in your maxillary/cheek sinus) or forehead (in your frontal sinus) as the wire is advanced into your sinus
- The guidewire has a small light on the end to help your doctor confirm access to your blocked sinus. You may see this light as your doctor extends the guidewire



STEP 2: OPEN THE SINUS

- Next, your doctor will advance a small flexible balloon over the wire. Since the opening to your sinus is currently blocked, you may feel some pressure as the balloon advances
- Finally your doctor will inflate the balloon to gently expand the opening of the sinus. You may feel some discomfort or pressure during the inflation of the balloon but it will be brief, usually a couple of seconds. You may even hear noises as the balloon inflates



STEP 3: SINUS REMAINS OPEN

- Your sinus will remain open after the balloon is deflated and removed, allowing the sinus to drain normally
- Your doctor may choose to wash your sinus out with saline

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What to expect after the procedure:

- After your *Balloon Sinuplasty* procedure, your doctor may prescribe medications such as antibiotics or pain medication
- Medication instructions: _____

- You may have mild bleeding after the procedure
- At-home nasal rinses may be prescribed: _____

- Most people return to normal activities within two days of the procedure.² Ask your doctor when you can return to normal activities
- Other notes: _____

Follow-up:

- Your physician will notify you when to return for a follow-up visit. At that appointment, they will likely examine your nasal cavity with a camera to ensure normal healing of the nasal passages
- During your recovery period, please notify your doctor if you have any difficulty breathing, high fever, persistent bleeding, or any other urgent concern

Share your story with us at
www.BalloonSinuplasty.com/share.



BALLOON SINUPLASTY OVERVIEW

Balloon Sinuplasty is a sinus surgery procedure performed by ENT doctors that opens sinus passages to relieve sinus pain and sinus pressure associated with chronic sinusitis. For more information, call 1-877-868-6673.

IMPORTANT SAFETY INFORMATION

Balloon Sinuplasty Technology is intended for use by or under the direction of a physician. *Balloon Sinuplasty* Technology has associated risks, including tissue and mucosal trauma, infection, or possible optic injury. Consult your physician for a full discussion of risks and benefits to determine whether this procedure is right for you.

1. <http://www.drugs.com/mtm/lidocaine-injection.html>. 2. Karanfilov B, Silvers S, Pasha R, Sikand A, Shikani A, Sillers M; for the ORIOS2 Study Investigators. Office-based balloon sinus dilation: a prospective, multicenter study of 203 patients. *Int Forum Allergy Rhinol*. 2012 Nov 7. doi: 10.1002/alr.21112. [Epub ahead of print.]