

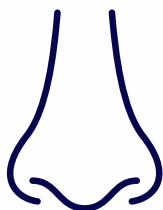
Patient Post-Procedure Card

Sinus & eustachian tube balloon dilation

Now that your balloon dilation procedure is complete here are some basic post-op tips. Be sure to follow your doctors instructions and take note of the following...

Post-op medication

If you were prescribed antibiotics or a pain reliever, use them exactly as directed by your physician.



Saline nasal rinse

Regular daily saline irrigations can be helpful after the procedure.

Rest!

Rest with head elevated for the first 48-72 hours. You may resume normal activities after one week.



Avoid blowing nose

For the first 72 hours, avoid blowing your nose. If you need to sneeze, do so with your mouth open.

Please follow all of your doctors' instructions & contact your healthcare provider with any questions about follow up care.

WE WISH YOU A SPEEDY RECOVERY!