

Guide to Your Office Balloon Sinus Dilation Procedure

Tips To Help You Prepare For Your Procedure

- Pre-procedure medications: _____
- Beverage or food limitations: _____
- Medications to discontinue prior to the procedure: _____
- Watch videos of other patients sharing their balloon sinus dilation experiences—go to:
www.SinusSurgeryOptions.com/Stories
- _____
- _____

WHAT TO EXPECT DURING YOUR PROCEDURE

A typical Entellus™ balloon sinus dilation procedure consists of two phases:

1

COMFORTABLE,
CONVENIENT

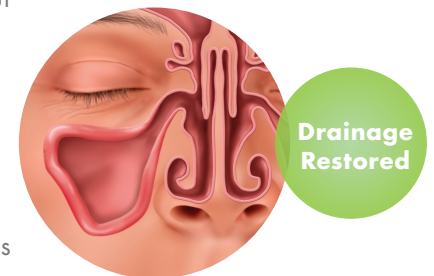
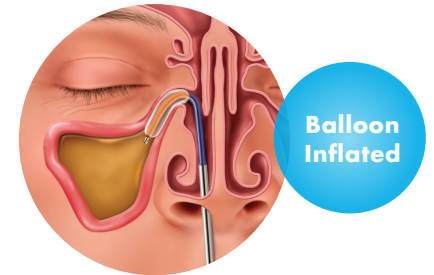
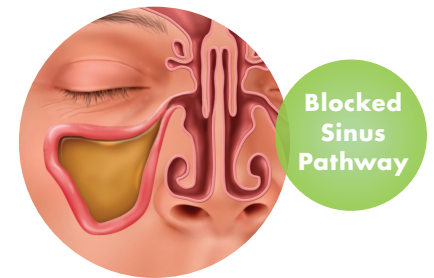
APPLICATION OF LOCAL ANESTHESIA (approximately 15–30 minutes)

Your physician will determine the best way to numb the inside of your nose. Your physician may:

1. Spray inside your nose with numbing medicine and decongestant.
2. Place small pieces of cotton (pledgets) soaked in numbing medicine and decongestant inside your nose. These small pieces of cotton should not affect your ability to breathe through your nose.
3. Use a tiny needle to inject small amounts of numbing medicine in some key locations inside your nose. Because of the numbing medicine on the cotton pieces, these injections should not hurt.

After each step, your physician may give the numbing medicine and decongestant some time to work before proceeding to the next step.

Different physicians follow different approaches to local anesthesia, based on their experiences and optimized for your specific procedure. Ask your doctor what you can expect.



2

GENTLY
RESHAPE
ANATOMY

PROCEDURE (can vary—approximately 30 minutes)

First, your doctor may insert a small tool into your nasal passages to make sure the numbing medicine is working and that you are comfortable. Your doctor will then insert a small balloon and inflate the balloon for approximately five seconds to open the sinus pathway and restore drainage. Once the pathway is opened, your doctor will deflate the balloon and remove the device. Nothing stays in your nose. Your doctor may treat more than one sinus during your procedure.

Tips To Help You During And Immediately After Your Procedure

- When your physician inflates the balloon, you may feel some pressure, but not pain.
- During balloon inflation, you may hear some popping which is normal.
- Every patient's anatomy is unique. Ask your doctor what to expect during your procedure.
- After the procedure, you may experience some numbness in your throat due to anesthesia.
- You may experience light bleeding from your nose for a few days after your procedure.

3

QUICK RECOVERY

WHAT TO EXPECT AFTER YOUR PROCEDURE

Many patients return to normal activity the day of the procedure. Your physician may ask you to refrain from vigorous physical activity for a period of time after the procedure.

Do not hesitate to contact your physician if you have any questions about your recovery.

Tips To Help You After Your Procedure

- Schedule a follow-up appointment with your physician _____
- Avoid blowing your nose for the week immediately following the procedure or until your follow-up appointment. If you have to blow your nose, do it lightly.
- If you accidentally blow your nose or sneeze, you may get some air in your cheek or face. If this happens, you will notice some puffiness in your face. It is not usually serious and will resolve in a day or two. If you are concerned, call your physician.
- You may sniff inwards all you want.
- If you have to sneeze, open your mouth and let the air leak out as much as you can.
- Sleep with your head elevated on 2-3 pillows for _____ days. This will help reduce swelling.
- Moisturize your nose 2-3 times a day with _____
When you use the saline spray, spray it in your nose and sniff backwards.
- If you use a CPAP, do not use it for one week after the procedure.
- Pain medications and antibiotics: _____
- Prescription medications: _____
- Dietary supplements: _____
- You may resume a regular diet _____ following the procedure.
- You may go back to work _____ after the procedure.
- Refrain from vigorous physical activity for _____ hours after your procedure.
- You should not fly, scuba dive, skydive, or parachute for _____, to ensure all swelling secondary to the procedure is gone.
- _____
- _____
- If you have severe nausea or headaches, a heavy uncontrollable nosebleed, or have other questions about your

For additional information, visit www.SinusSurgeryOptions.com



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XprESS™ Summary Statement:

XprESS may be used to treat certain conditions affecting the sinus above your eyebrows and behind your cheeks and eyes. Your physician will need to determine if your condition is one that may benefit from XprESS. Possible side effects include but are not limited to post-operative bleeding; pain and swelling; allergic reaction to anesthesia or other medications administered during the procedure; or infection. Your condition may not respond to this treatment. To learn more about this procedure and the potential risks, ask your physician.

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