



INTEGRATED MEDICAL SERVICES
EAR • NOSE • THROAT
SINUS CENTER

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After in-office Balloon Sinuplasty

You have just had a procedure to open up your sinuses with the possible removal of tissue, using guidewire based technology.

**** It is normal to experience some oozing and bleeding out the front of your nose and down the back of your throat after this procedure. ****

Please follow these simple instructions:

1. No heavy lifting or straining.
2. Sneeze with your mouth open.
3. Do not blow your nose forcefully.
4. Do not pick your nose.
5. Tylenol is best for pain.
6. Use Neilmed Nasogel. Apply to the inside of the nostrils 4 times per day. Think of this as "Chapstick for the nose".
7. Use Bacitracin ointment 1-2 times per day. Apply to the inside of the nose using a Q-tip.
8. Start Neilmed Sinus Rinses 2 days post-procedure.

You may be prescribed Prednisone or antibiotics in some cases. Take this as directed until the medicine is gone.

You may also have a prescription for narcotic pain relievers, which you should use sparingly, on an as-needed basis. Tylenol or Motrin is OK to use for pain in substitute for prescription pain reliever.