LOCATIONS & CONTACT INFORMATION

ESPAÑOLA
1302 Calle De La Merced, Ste. D-1
Española, NM 87532
Ph: 505.661.4147
Fax: 505.661.4199

ALBUQUERQUE
8200 Carmel St., Ste. 102A
Albuquerque, NM 87122
Ph: 1.855.81.SINUS (74687)
Fax: 505.661.0075

HOBBS
3900 N Lovington Hwy, Ste 300
Hobbs, NM 88240
Ph: 575.291.7940
Fax: 505.661.0075

RIO RANCHO
3791 Southern Blvd., Suite 100
Rio Rancho, NM 87124
Ph: 505.394.9435
Fax: 505.896.9789

ROSWELL
100 S Michigan Ave.
Roswell, NM 88203
Ph: 575.291.7940
Fax: 505.661.0075

LOS ALAMOS
3917 West Rd., Suite 250
Los Alamos, NM 87544
Ph: 505.661.4147
Fax: 505.661.4199

TAOS
1399 Weimer Rd., Suite 500
Taos, NM 87571
Ph: 575.751.3385
Fax: 505.661.4199

1.855.81.SINUS (74687)
NewMexicoSinusInstitute.com
**PRE-OP INSTRUCTIONS**
- In office Procedure: Do not eat or drink for at least 6 hours prior to procedure.
- Operating Room Surgery: Do not eat or drink after midnight prior to surgery.
- Avoid using Aspirin or other anti-inflammatory drugs for two weeks prior to procedure – clear with your Primary Care Physician.
- Obtain a SINUS RINSE™ bottle, saline mix packets, and tube of bacitracin.
- Become educated about your procedure at: www.balloonsinuplasty.com
- Take any pre-op medications as directed.

**POST-OP INSTRUCTIONS**
- Antibiotics: take as directed.
- Pain management: take as directed.
- Sinus Irrigations: 4 to 6 times daily – using distilled water and SINUS RINSE™ mixture packet.
- Saline spray: use up to 10 times daily.
- Bacitracin: Apply pea-size amount in both nostrils, morning and evening after irrigations.
- Afrin or Oxymetazoline 0.05% can be used 2 to 3 times daily for a maximum of 5 days consecutively.
- Avoid using Aspirin or other anti-inflammatory drugs for 1 week after your procedure.
- Do not use nasal steroid sprays unless instructed to do so.

**ADDITIONAL INFORMATION:**
- Patients who have received general anesthesia may experience some nausea and occasional vomiting. Bland and light meals decrease these symptoms the first day.
- Schedule and attend your follow-up appointment within 1 to 2 weeks following the procedure.
- Some discomfort in the forehead and cheek area may occur.
- At your follow up, you may need to have your nose gently suctioned.

**IF YOU HAVE NASAL SPLINTS OR PACKING**
- Do not remove the splints or packing.
- You may require breathing through your mouth.
- Sip water often to avoid dry mouth and maintain adequate hydration.
- Light bleeding may occur for 2-3 days after surgery. Change any drip pad as needed and keep the outer nostrils clean.