

## LOCATIONS & CONTACT INFORMATION

### ESPAÑOLA

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### HOBBS

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### LOS ALAMOS

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### ALBUQUERQUE

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### RIO RANCHO

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### ROSWELL

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### TAOS

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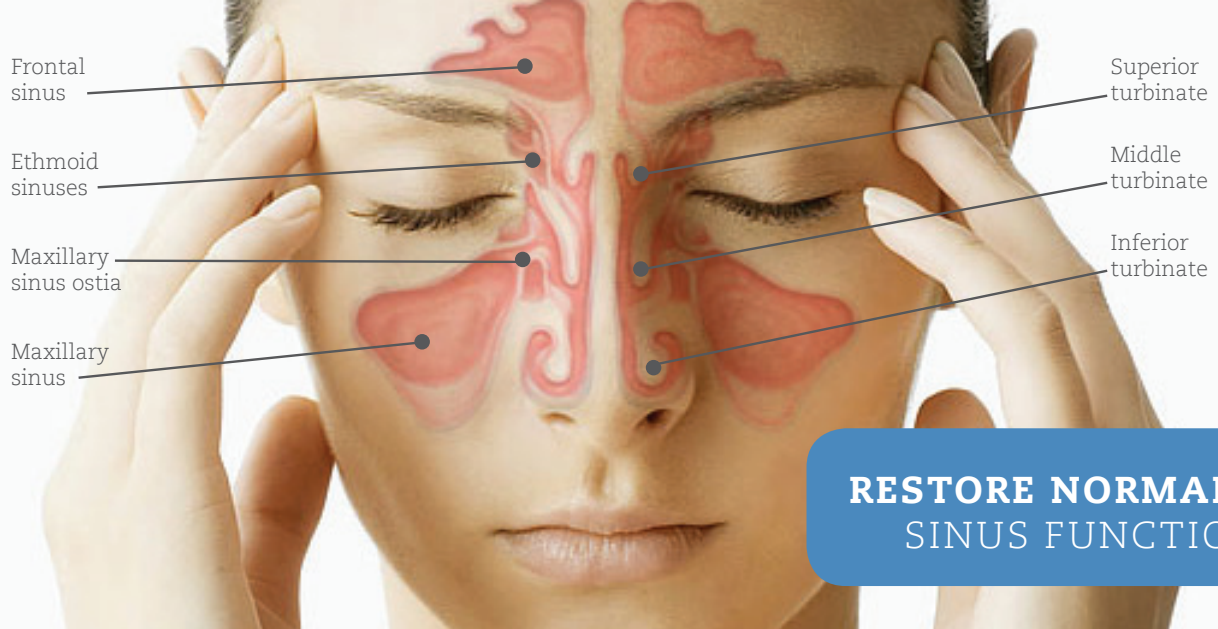
NEW MEXICO  
**SINUS INSTITUTE**

Ear, Nose & Throat Specialists



# Sinus & Nasal Surgery

1.855.81.SINUS (74687)  
NewMexicoSinusInstitute.com



## RESTORE NORMAL SINUS FUNCTION

### 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](http://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