



Office Procedure Information

You have elected to have one or more of our in office procedures. This form will review what to expect before and after the procedure. We do our best to make sure you feel comfortable during each procedure. You should not need any narcotics afterwards, but we do recommend Tylenol for post-op pain. You will be doing saline and medicated rinses twice a day following the procedure. When more than one procedure is recommended, you can expect that a longer healing time will be needed. After the procedure, you will have a one week follow up in the office, but we want you to call us with any concerns.

With all procedures, you will need to take your pre op medication one hour before our scheduled appointment time. You can often pick up your medications on the way and have a seat in our waiting room as they take effect. The medications will be called in two days prior to the procedure. There is a water fountain in the lobby. You may eat before your procedure. Please do not drive after taking medications. We ask that you have a driver to drop you off and pick you up. We can call them when you are ready, so they do not need to wait in the office, but they are welcome to do so. The drivers can park in our back lot.

Clarifix is a cryoablation of nasal tissue in order to decrease nasal drainage. You will be given medications for comfort and be expected to use nasal rinses to aid in healing. After the procedure, you will be given a warm beverage in the office. You can expect mild congestion following the procedure and continued congestion for the first week. You will be able to resume normal activity after the procedure.

Balloon Sinuplasty / Eustachian Tube Dilation may be done on one or more sinus orifices. This opens up the body's natural drainage to decrease frequency of congestion and infections. Many people feel relief in the office, but healing will take weeks to complete. You will be able to resume activities as you feel ready. Patients often rest at home for the remainder of the day after the procedure. Most people have bloody drainage for the first couple of days. Please call the office if you have continuous bleeding.

Turbinate Reduction is often done in conjunction with balloon sinuplasty. This manually reduces obstruction in your nasal passages. You can expect post op discomfort, but it should be eased by tylenol and nasal rinses. It may cause some swelling and the feeling of congestion, particularly for the first week.

Laterra is a nasal implant that decreases the amount of nasal collapse when deep breathing. The implant slowly dissolves and is replaced by scar tissue, which will continue to keep passages open. There is a slight risk that the implant may extrude. If extrusion occurs, there will be no noticeable scar and placement of another implant can be discussed with your physician. There may be some discomfort, but you should not expect drainage.



Medication Checklist

- Stop blood thinners one week prior to the procedure. This includes aspirin, vit E and fish oil as well as other types of blood thinners you may be taking.
- The night before, use **Neilmed Sinus Rinse** and then **Afrin**, one puff per side.
- When you wake up on the day of procedure
 - Use **Afrin** (or the generic oxymetazoline) : one puff per side. Continue every hour prior to the procedure.
 - **Ativan 2 mg, Phenergan 25 mg, Norco 7.5 mg/ 325 mg** (Due to being controlled substances, these medications will not be made available for pickup until the day before.
- The evening after the procedure:
 - Start antibiotic **Augmentin 875 mg and Tylenol** as needed (do not wait until the pain is intolerable to start this, you will have numbness and pain medication on board and this will wear off after about 4 hours)
- Per Dr.'s instruction either the evening or the next day:
 - **Neilmed Sinus Rinse** twice a day followed by **Budesonide Rinse** 20 ml flush each side. We will provide you with a 20 ml syringe in the office.

You may resume activities, medication, and diet as usual after the procedure, as tolerated.

Please use distilled or purified water for rinses while you are healing post op to prevent infection

Note: if you have been told to take an antibiotic prior to dental procedures start Augmentin the morning of the procedure.

Afrin (oxymetazoline) and Neil Med Sinus rinses are available at most drug stores, Walmart, or grocery stores over the counter. Make sure you pick up enough salt packs to last 15 or more days.

Pick up Budesonide rinse at We Care (compounding pharmacy) 417 Tamiami Trail, Venice FL
941-786-9181

Please contact us with any questions or concerns Island ENT 941-786-0386