

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 before the procedure:** _____
- _____
- _____
- Watch videos of other patients sharing their balloon sinus dilation experiences at www.SinusSurgeryOptions.com

WHAT TO EXPECT DURING YOUR PROCEDURE

1

Comfortable & convenient

APPLICATION OF LOCAL ANESTHESIA (Approximately 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)

Your doctor will 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.



Blocked Sinus Pathway



Balloon Inflated



Drainage Restored

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.



Quick recovery AFTER THE 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.
- 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 recovery, **call your doctor.**

For additional information, visit www.SinusSurgeryOptions.com



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.

XprESS Indications for Use: To access and treat the frontal recesses, sphenoid sinus ostia, and maxillary sinus ostia/ethmoid infundibula in adults using a trans-nasal approach. The bony sinus outflow tracts are remodeled by balloon displacement of adjacent bone and paranasal sinus structures. Please see the Instructions for Use for a complete listing of warnings, precautions and adverse events.

Caution: Federal (USA) law restricts this device to sale by or on the order of a physician.
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