

RONALD G. MORTON, MD, FFAO/HNS

DISEASES OF THE EAR, NOSE, AND THROAT
HEAD AND NECK SURGERY
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

3209 North 4th Street
Longview, Texas 75605
(903) 212-4399

105 West 20th Street
Mt. Pleasant, Texas 75455
(903) 717-8765

Pre-operative Instructions for Balloon Sinuplasty

Balloon Sinuplasty is a minimally invasive, very well tolerated procedure that has proven very successful for the alleviation of sinusitis and its associated symptoms. Before your procedure, here are a few simple instructions to help get you ready.

Your balloon Sinuplasty is scheduled on _____ at _____. Arrive **15** minutes before the scheduled time. You will be in the office for about an hour.

1. Three days before your Balloon Sinuplasty, begin the steroid taper as prescribed by Dr. Morton. If you are diabetic, this may not have been prescribed for you.
2. On the day of your procedure, eat a full, healthy breakfast and drink plenty of fluids. If your Balloon Sinuplasty is in the afternoon, you may eat lunch.
3. One hour before and upon arrival at the office, give yourself **3-4 sprays of afrin** in each nostril. **This is very important.**
4. Take the **sedative pill** prescribed by Dr. Morton **1 ½ - 2 hours before** the procedure.
5. Arrive at the office 30 minutes prior to the scheduled time of your procedure to begin administration of local anesthesia in your nose.
6. **Bring someone to drive you to and from the office.**
7. If you have any questions at all about the procedure, please call the office and we will be happy to answer those for you.