

EAST TEXAS SINUS AND DIZZINESS CENTER

RONALD G. MORTON, MD, FFAO/HNS

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

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Cryosurgical Posterior Nasal Tissue Ablation Post-operative Instructions

Now that we have completed your procedure, here are a few instructions to follow over the next few days. As always, if you have any questions, call the office and we will be happy to answer those for you.

1. You may eat or drink anything you want after the procedure.
2. You may resume normal activities in 24-48 hours.
3. Use Afrin for the first three days after your procedure only if needed for swelling.
4. Rinse your nose with the Neil-Med or other saline rinse provided to you twice daily. You will continue the saline rinse until you are seen by Dr. Morton again.
5. Complete the steroid pack you began before the procedure if prescribed.
6. You may blow your nose the day of the procedure, but do so gently for the first two days.
7. There will be mild dryness and fullness in your nose and ears after the procedure. If at any point you are concerned that it is excessive, call the office and let us know.
8. While there is usually mild discomfort from the procedure, you may take anything you ordinarily would for this. Tylenol and Ibuprofen should control any associated discomfort. If at any time you feel more discomfort than you anticipated, always call the office and let us know.

We look forward to seeing you in the office for your first post-operative follow up visit on _____ at _____ and trust your Balloon Sinuplasty experience will be a good one. If at any time you have questions or concerns, call the office and we will be happy to assist you.