
POST OPERATIVE PATIENT INFORMATION
Eustachian Tube Balloon Dilation

- A. Activity** – You will need to rest for 24 hours following the procedure. Avoid strenuous exertion, including heavy lifting (anything over 10 pounds), bending, and straining for at least seven days after surgery. This limitation may be extended for a longer time in some cases. Ask if this is true for you, and it will be explained to you at your first postoperative office visit.
- B. Diet** - Unrestricted --resume your usual diet. Avoid alcoholic beverages for 24 hours.
- C. Medications** - For best surgical result, take all medications as prescribed at discharge from the hospital. You may use Tylenol or Ibuprofen as needed. You should avoid aspirin or herbal products that may thin the blood for at least 10 days following surgery, unless indicated otherwise. ***Beginning tomorrow, start using a saline nasal spray, 2 puffs in each nostril 4 times per day and start using a sinus rinse bottle twice daily.***
- D. Special Precautions:**
 - 1. **No nose blowing** for 2 weeks following surgery, then only very gently. If sneezing or coughing occurs, open your mouth wide during the sneeze/cough to reduce intranasal and ear pressure.
 - 2. **Do notValsalva or try to “pop” your ears for 2 weeks.** Avoid elevation changes for 2 weeks. (Do not take airline flights or travel into the mountains where you would need to equalize ear pressures.)
 - 3. **Anesthetic** - Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic; e.g. driving, bicycling, etc. Anyone who has had a general anesthetic should begin with clear liquid diet and advance as tolerated to regular diet.
 - 4. Avoid cigarette smoking or exposure to smoke filled environments. If you are a smoker and wish to stop, this is a good opportunity to work with your primary physician.

E. Communications

- 1. **Nasal drainage/congestion** - Nasal drainage and congestion can be present for the first few days after the procedure. You should utilize saline as directed. It is ok to resume use of allergy medications and nasal sprays (including flonase, Nasacort, azelastine, Claritin, allegra or zyrtec).

POST OPERATIVE PATIENT INFORMATION

Eustachian Tube Balloon Dilation

2. **Bleeding** – There should be minimal bleeding following the procedure. If bleeding occurs, sit with your body leaning forward and hold pressure on the nose for 10 minutes. Bleeding of more than one cup or for more than 10 minutes may require examination by the doctor. Notify the office if this occurs.

 3. **Fever** - A slight fever may result from this procedure. A moderate to high temperature (greater than 101 degrees) should be reported to the office. This may require an examination and treatment.

 4. **Pain** – Ok to use Tylenol or ibuprofen for pain. Pain not relieved by the medication prescribed and/or pain of an increasing character should be reported to the office.
- F. Follow-Up** - Schedule your first postoperative appointment approximately 2 weeks from the date of your surgery. If this was not done during your preoperative visit, call the office soon after surgery to schedule the date and time.

If you are uncertain about any of the above items or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours, if you have an emergency, go to the emergency room or call the office number and you will be connected to the on-call physician.

My postoperative instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: _____ Date _____

Nurse: _____