

Your In-Office Sinus Procedure

What to do before and after — please read this before your appointment

We'll call you **3 business days before your procedure** with your arrival time, and we'll let you know about anything outstanding that could cause a delay.

Getting ready — your countdown

2 weeks before	Stop Afrin and other nasal decongestant sprays. This is also the time to stop smoking and recreational marijuana use — it lowers your risk of complications and helps you heal.
1 week before	Stop injectable GLP-1 medications.
5 days before	Stop blood thinners, aspirin, ibuprofen, fish oil, and vitamin E. Acetaminophen (Tylenol) is fine if you need it.
1 day before	Stop daily GLP-1 medications, and drink at least 8 full glasses of water.
Day of	Bring your Afrin nasal spray — our staff will let you know when to use 1 spray in each nostril. Please remove smartwatches and other wearable health monitors before the procedure.

Eating and drinking — this one matters

- No food or non-clear liquids after **midnight** the night before your procedure.
- Clear liquids (water, Gatorade) are fine until **4 hours before** your procedure.
- If these aren't followed, we may need to reschedule your procedure.

After your procedure

- **A headache is common.** Ibuprofen (Motrin) or acetaminophen (Tylenol) can help.
- **Your provider may recommend a debridement** (a gentle nasal cleaning) to support healing. Additional copay, deductible, or coinsurance charges may apply.

Costs

- **All quoted costs are estimates.** If anesthesia is required, it's billed separately by an outside company — regional billing contacts are on page 2.

Questions or urgent concerns?

During business hours: Nurse line — (512) 628-5989

After hours (non-emergency): On-call provider — (512) 628-4797

Medical emergency: Call 911.

Balloon Sinuplasty

Extra instructions for balloon sinuplasty — follow these along with everything on page 1

Before your procedure

- **Your prescriptions:** You'll receive a topical steroid and antibiotic, sometimes combined in one capsule. **Don't swallow them** — mix as directed with the saline packet and distilled water for rinsing. Round Rock Pharmacy should contact you the week before your procedure. If cost is a concern, plain saline rinses are an option.
- **What to buy:** A NeilMed Sinus Rinse Kit, ½-inch medical tape, and 4-inch gauze pads (to use as a drip pad).
- **Getting home:** Arrange for a friend or family member to come with you and drive you home.
- **30 minutes before:** Use 1 spray of Afrin in each nostril, starting 30 minutes before your procedure.
- **Fasting and medications:** Follow the food, liquid, and medication rules on page 1. You may take your usual morning medications with water — but no liquids at all during the final 4 hours before your procedure.

Caring for yourself at home

- **Medicated rinses:** Starting the evening of your procedure, rinse twice daily with the prescribed steroid/antibiotic saline mixture until your 2-week post-op visit. Plain saline between medicated rinses is fine if needed.
- **If you also had a septoplasty:** Wait until the following morning to begin rinsing, unless your surgeon directs otherwise. (If you had a septoplasty without balloon sinuplasty, no rinse or medication is needed.)
- **Bleeding:** Some bloody nasal drainage for 3–5 days is normal — tape gauze beneath your nose as a drip pad. For heavier bleeding, use 4 sprays of Afrin in each nostril and gently pinch the soft lower part of your nose.
- **Nose care:** Don't blow your nose for the first 24 hours; after that, blow gently. Sneeze with your mouth open.
- **Activity and sleep:** Avoid bending, straining, swimming, and heavy exercise for 5 days. The first night, keep your head elevated 15–30° — extra pillows or a recliner work well.
- **Pain and congestion:** Tylenol or Motrin can help with discomfort. Congestion and cold-like symptoms are common — fluids and keeping your head elevated will help.
- **What's normal in the first 2 weeks:** Headache, low-grade fever, congestion, and a mild nasal odor. You may have temporary discomfort or numbness in your front teeth or palate. Throat numbness or difficulty swallowing from the local anesthetic should wear off in about an hour. A dissolving stitch may be visible in your left nostril and may come out when you blow your nose — that's okay.
- **Follow-up visits:** You'll have 2 post-op visits, where your nose may be cleaned (debrided). If a culture or specimen was taken, results typically take 1–2 weeks and will be reviewed at your first visit.

Anesthesia billing contacts (by region)

Arizona	Meta Anesthesia · (480) 874-7014 · billing@metaanesthesia.com
Texas / Colorado	AAC (Ambulatory Anesthesia Care) · (833) 243-4293
Florida	Premier Anesthesia · (800) 242-1131, ext. 4230
New Mexico	Proban Anesthesia · (800) 222-1442