



- Otolaryngology
- Head & Neck Surgery
- Ear, Nose & Throat
- In-Office Balloon Sinuplasty
- Hearing Aids
- Sinus Specialist
- Pediatrics & Adults
- Sleep Apnea Surgery

FAQs for In-Office Procedures

Does it hurt? You may experience minimal discomfort or facial pressure, which is normal. If you experience pain at any time during your procedure, the doctor can adjust your anesthesia medications to maximize comfort.

Will I be put to sleep? No, general anesthesia is not administered. Patients will be given oral, topical and local medications as part of the anesthesia protocol.

Prior to surgery, the physician will prescribe various medications for you to take before your surgery. You should take these one hour before leaving your house for the surgery. Bring the remaining medications with you to the physician's office, as you may be instructed to take another dose once you arrive. **DO NOT** take a second dose unless instructed by the physician or medical office staff. These medications will assist in reducing any inflammation, as well as create a relaxed state of sedation, similar to a dental procedure.

Do I need a ride to/from the procedure? Yes, you must have a responsible driver to transport you to and from your surgery. Your procedure will require taking various medications that inhibit your ability to operate a motorized vehicle safely. Under no circumstances will you be permitted to leave the physician's office by yourself after taking these medications. **Your driver must be over the age of 18 yrs old and accompany you to the office prior to the surgery and will be required to remain on the premises until your procedure is completed.**

What are the most common post-op side effects? Some patients may experience headaches, nasal congestion, minimal blood/mucus/drainage and facial pressure. These are temporary and, in most cases, will resolve the day after the procedure.

How long does the procedure take? The total start-to-finish time is approximately one hour. The anesthesia protocol takes longer than the procedure itself, usually about 30–45 minutes. The actual procedure typically takes 15 minutes.

Will this procedure cure my sinus disease? No, unfortunately, there is no cure for sinus disease. For maximized results, you should remain in compliance with any allergy immunotherapy, nasal steroids, etc., that your physicians may have you on. This procedure will decrease your chances of a sinus infection and improve your quality of life by relieving associated symptoms.

Do I need to discontinue blood thinners prior to the procedure? The physician performing your procedure will advise you depending on clearance from your prescribing physician.

Can I eat anything prior to the procedure? Yes, we recommend eating a LIGHT meal two hours before the procedure. Additionally, being fully hydrated prior to the surgery is important. We recommend drinking an electrolyte drink, such as Gatorade, on the morning of the procedure.

How long will the results last? Your outcome will typically depend on the severity of your sinus disease. Studies show that there is a 30% recurrence rate after 10 years.

What should I wear? Older, comfortable, loose-fitting clothing is advised in case of minor bleeding.

Is any tissue removed? Yes, the physician will remove tissue during the procedure. Typically, they will not send out the tissue for pathology.



Postsurgical Care

1. DO NOT blow your nose.
2. Sneeze with your mouth open.
3. Change any dressing when it becomes soiled or wet. You may need to change dressings up to a dozen times during the first day.
4. For the first two days, keep your head elevated at 30 degrees or on a few pillows to help to reduce bleeding, swelling and pain.
5. For minimal bleeding, saturate a cotton ball with Afrin (available over the counter), place it in the nostril and pinch and hold for 10 minutes. Go to the emergency center at William Beaumont Hospital, Troy if you develop bright red bleeding after the first day of the procedure that you cannot control with Afrin.
6. Notify the office of any temperature greater than 202 degrees.
7. Use older bed linens for the first few days following the procedure in case of bleeding/discharge.
8. Using a NeilMed rinse kit, gently rinse twice a day for seven to 10 days. Follow with Bacitracin ointment.
9. Follow up with Dr. Rosner one week after the procedure.