

Preoperative Instructions for In-Office Procedure



Don J Beasley, MD
208-229-2368

1. Arrive **15 minutes** prior to your surgical procedure.
2. No restrictions on eating or drinking the day of your procedure. (Try to eat a light)
3. All patients should trim nasal hairs prior to procedure.
4. All patients will need a designated driver the day of the procedure.
5. **You may take Tylenol as needed for pain prior to your surgery.**
6. **STOP ALL BLOOD-THINNING MEDICATIONS 5 DAYS PRIOR** to surgery. This includes medications such as Coumadin, Warfarin, Lovenox, Heparin, Plavix, Pletal, Dipyridamole, Ticlad, etc. If you are taking any other potentially blood-thinning medications, you must notify your doctor of this immediately. ** Please clear stopping of medication with your primary care physician.
7. **STOP ALL ASPIRIN AND ASPIRIN CONTAINING PRODUCTS 10 DAYS PRIOR** to surgery. This includes medications such as Excedrin, Bayer Aspirin, BC Powder, Anacin, Fiorinal, Norgesic, Robaxisal, Soma Compound, etc.
8. **STOP ALL ANTIINFLAMMATORY MEDICATIONS 10 DAYS PRIOR** to surgery such as Advil, Aleve, Celebrex, Voltaren, Cataflan, Arthotec, Etodolac, Dolobid, Ibuprofen, Lodine, Naifon, Ansaed, Indocin, Motrin, Orudis, Toradol, Relafen, Naprosyn, Daypro, Feldine, Tolectin and Bextra.
9. **STOP ALL VITAMINS and/or FISH OIL 10 DAYS PRIOR** to surgery.
10. Prescriptions will be called into your preferred pharmacy prior to the procedure day. You will need to have these filled and **BRING THEM WITH YOU THE DAY OF PROCEDURE.**
11. Medications possibly given prior to an office procedure.... **Bring all medications prescribed with you**
 - a. Lorazepam (0.5mg for 65 or older, 1mg for 64and younger) take 1 tablet, 1 hour prior to the procedure time. **Bring additional tablets with you.**
 - b. Promethazine (Phenergan) 25mg 1 tablet, 1 hour prior to procedure time, for nausea.
 - c. 20mg Prednisone (steroid) Start 1 day prior and the 3 days following your procedure.
 - d. Post operative antibiotics start immediately after your procedure.
 - e. 2 sprays of Afrin in each nostril every 30 minutes, starting 2 hours prior to the procedure time.

Post Operative Instructions

In-Office Balloon Dilation Procedure



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1. No nose blowing for 24 hours. Resume gentle nose blowing after that or as directed otherwise.
2. Sniff inwards all you want.
3. Sneeze with an open mouth.
4. Sleep with your head elevated on 2-3 pillows for a couple of days; this will keep swelling and congestion down.
5. Rinse your nose 3-4 times a day with saline nasal spray until follow up appointment. When you use the saline nasal spray, spray it in your nose and sniff backwards.
6. If you accidentally blow your nose or sneeze, you may get some air in your cheek or face. If this happens, you will notice some puffiness and crackling in your face. It is not usually serious and will resolve in a day or two. If you are concerned, call our office.
7. If you use a CPAP do not use it for one week after the procedure or as directed otherwise.
8. It is normal to experience periodic congestion, headaches, and bloody drainage after the procedure for several days. You may either take the remaining pain medication prescribed to you or take Tylenol/ Ibuprofen to help relieve any discomfort.
9. You may resume all of your regular medications except for blood thinners and aspirin, which we will discuss with you on an individual basis.
10. If you take Vitamin E or fish oil supplements, resume them 48 hours after the procedure.
11. You may resume normal activities, including exercise, the day after the procedure. You may also go to work the day after unless otherwise instructed by your physician.
12. Return to the office one week after procedure.