

Post Operative Instructions

In-Office Eustachian Tube Balloon Dilation



Don J Beasley, MD
208-229-2368

1. Sleep with your head elevated on 2-3 pillows for a couple of days; this will keep swelling and congestion down.
2. Rinse your nose 3-4 times a day with saline nasal rinse until follow up appointment.
3. If you use a CPAP do not use it for one week after the procedure or as directed otherwise.
4. It is normal to experience periodic congestion, headaches, and bloody drainage after the procedure for several days. You can take Tylenol/ Ibuprofen to help relieve any discomfort.
5. You may resume all your regular medications as prescribed.
6. If you take Vitamin E or fish oil supplements, resume them 48 hours after the procedure.
7. 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.
8. Return to the office one month after procedure.