



EAR, NOSE & THROAT PLASTIC SURGERY CENTER

1523 Johnson Ferry Rd, Suite 150, Marietta, GA 30062
6130 Prestley Mill Rd, Suite C, Douglasville, GA 30134
1668 Mulkey Rd., Suite E, Austell, GA 30106

Tel 678-838-3903 Fax 678-838-7454
Tel 678-838-3903 Fax 678-838-7454
Tel 678-838-3903 Fax 678-838-7454

POSTOP BALLOON SINUPLASTY

1. **NeilMed irrigation with distilled water
3 times a day for 3 weeks**
2. **START antibiotics**
3. **Remove drip pad and replace if needed**
4. **Afrin-2 squirts 3 times a day for 3 days
after irrigation (stop Afrin after 3rd
day)**
5. **NO exercising for 2 weeks**
6. **NO bending or lifting for 48 hours**
7. **NO blood thinners for 7 days**
8. **DO NOT DRIVE while on pain
medications**
9. **NO NOSE BLOWING FOR 48
HOURS**
10. **Sneeze with open mouth for 1 week**
11. **NO straws for 7 days**
12. **Sleep on 2-3 pillows for 3 days**