

IN-OFFICE BALLOON DILATION EUSTACHIAN TUBE INSTRUCTIONS:

Before the day of the procedure, you will need to pick-up several medications.

- Afrin (oxymetazoline): over-the-counter nasal decongestant spray
- Valium (diazepam): will be sent to your normal pharmacy
- Hydrocodone-acetaminophen: will be sent to your normal pharmacy
- Tetracaine/lidocaine cream: **compounding pharmacy will ship it to our office directly**

The morning of the procedure, you may eat a light breakfast and drink normally. To help with relaxation and comfort during the procedure, you will need to take several medications **prior to your arrival**. These medications impair your ability to drive, so you will need someone to drive you to and from the appointment.

- 90 minutes prior to appointment:
 - Use Afrin (3 sprays on each side of nose).
 - Take one tablet of Valium.
- 30 minutes prior to appointment:
 - Use Afrin again (3 sprays on each side of nose).
 - Take one tablet of hydrocodone-acetaminophen.
- Once you check-in and meet with your doctor, you may take a second Valium if needed for anxiety.

During the procedure, we will spend 30-45 minutes getting your nose numb with a combination of topical medications via sprays and cotton pledgets, and with injected numbing medications. You will feel pressure during the procedure, but you should not feel pain.

After the procedure:

- Use Tylenol or ibuprofen as needed for pain control. You can use the remaining hydrocodone-acetaminophen tablets if you need something stronger, but do not take one of these at the same time as Tylenol because the pain medication contains Tylenol as well.
- Use Afrin spray as needed if you develop a nose bleed.
- Avoid blowing your nose for one week. If you need to sneeze, try to do so with your mouth open.
- One week after the procedure, begin performing Modified Valsalva once an hour while awake.
 - Occlude nostrils. Begin to **gently** blow the nose. If unable to pop ears, perform a strong swallow while gently blowing.
- Do not expect an immediate change in your symptoms. It takes up to 3 months for the dilation to fully remodel your Eustachian tubes.