

**BALLOON DILATION EUSTACHIAN TUBE POST-OP INSTRUCTIONS:**

- Resume your regular diet.
- Use Tylenol or ibuprofen as needed for pain control.
- 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.