

Post-Operative Instructions

Balloon Dilatation of the Eustachian Tubes

Nasal medications and Modified Valsalva Manoeuvre

Following a balloon dilatation, it is recommended to use a nasal steroid (such as Nasonex) for 1 month post-operatively. The usual adult dosage is one spray both nostrils, twice per day. The Modified Valsalva manoeuvre involves holding your nose closed, blowing gently to raise the pressure at the back of your nose, then swallowing. It is a gentle way to equalise your ears. It should be performed gently at least 4 times per day. **ONLY START THIS 72 HOURS AFTER THE PROCEDURE.**

Care of the ear / Wounds

This depends on whether any additional procedures were performed at the time of the balloon dilatation. The dilatation itself has no wound care required as the procedure is performed transnasally in the postnasal space with no incisions.

Pain

Being a dilatation procedure with no incisions or cuts, there is rarely any significant pain. Simple analgesia (painkillers) are usually all that is required.

Exercise

Avoid strenuous exercise, weights, gym for 1-2 weeks after surgery.

Flying

Due to the pressure changes during flights, it is best NOT to fly for 4 weeks after your surgery. If you have an essential flight, discuss it with your surgeon prior to the operation date. An exception to this is if grommets have also been placed, in which case flying is ok straight away.

Fluids and oral intake

It is important to stay well hydrated in the post-operative period. A normal diet can be eaten.

Bleeding

In the event of any significant bleeding post-operatively please contact the private rooms or attend the nearest emergency department if after hours. This is a very rare occurrence.

Post-Operative Timetable:

Note that, it takes about 2 weeks for any improvement to show. It is rare to wake up in recovery and immediately notice any difference.

6-8 weeks post-op review: An appointment will be made for review with the surgeon to follow-up on your progress post surgery.



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