

## EUSTACHIAN TUBE BALLOON DILATION DISCHARGE INSTRUCTIONS

### FOLLOW UP CARE

- For 1 week post procedure, patients should adhere to the following:
  - Avoid performing Valsalva maneuver
  - Avoid nose blowing
  - Avoid using CPAP machine (if possible)
  - Sleep with an extra pillow to elevate the head
- After 1 week, it is recommended that all patients perform the Valsalva maneuver one time per hour for 24 to 48 hours.
  - Proper Valsalva maneuver technique consists of holding the nose, blowing slowly to build pressure and then swallowing hard
- For 6 weeks post procedure, patients should use an inhaled nasal steroid spray
- If a follow up appointment was not made the day of surgery, please call the office to make one

### ACTIVITY

- Do not drive for 24 hours or while taking narcotic pain medication

### DIET

- Resume previous diet as tolerated

### MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

### PROBLEMS TO WATCH FOR

- Fever over 101.4
- Uncontrolled Nausea/Vomiting

**Call your doctor with ANY problems that concern you:** Phone # (843) 766-7103. If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

Date of Follow-up visit \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_  
Patient / Responsible Party

\_\_\_\_\_  
Nurse Signature



Charleston  
**ent**  
& ALLERGY