

Guide to your office balloon dilation procedure

You are scheduled for: Sinus dilation Eustachian tube dilation Sinus and Eustachian tube dilation

Tips to help you prepare for your procedure

Pre-procedure medications: _____

Beverage or food limitations: _____

Medications to discontinue before the procedure: _____

Watch videos of other patients sharing their balloon dilation experiences at SinusSurgeryOptions.com

What to expect during your procedure

1. Comfort and convenience

Application of local anesthesia

(Approximately 30 minutes)

Your physician will determine the best way to numb the inside of your nose.

Your physician may:

- spray the inside of your nose with numbing medicine and decongestant.
- place small pieces of cotton (pledgets) soaked in numbing medicine and decongestant inside your nose. These small pieces of cotton should not affect your ability to breathe through your nose.
- use a tiny needle to inject small amounts of numbing medicine in some key locations inside your nose. Because of the numbing medicine on the cotton pieces, these injections should not hurt.

After each step, your physician may give the numbing medicine and decongestant some time to work before proceeding to the next step.

Physicians follow different approaches to local anesthesia based on their experiences and will optimize one for your specific procedure. Ask your doctor for specifics if desired.

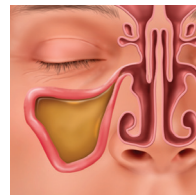
2. Gentle treatment of anatomy

Procedure

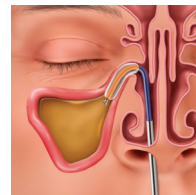
(Can vary—approximately 30 minutes)

Sinus dilation

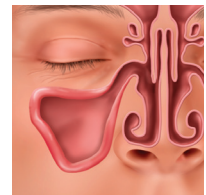
Your doctor will insert a small balloon and inflate the balloon for approximately five seconds to open the sinus pathway and restore drainage. Once the pathway is opened, your doctor will deflate the balloon and remove the device. Nothing stays in your nose. Your doctor may treat more than one sinus during your procedure.



Blocked sinus pathway

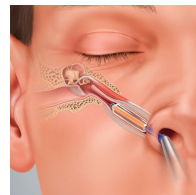


Balloon inflated



Drainage restored

Eustachian tube dilation



Your doctor will insert a small balloon through your nose into your Eustachian tube and inflate the balloon for approximately two minutes. Your doctor will then deflate the balloon and remove the device. Your doctor may treat the other side in the same way if needed.

Tips to help you during and immediately after your procedure

1 When your physician inflates the balloon, you may feel some pressure but not pain.

2 During balloon inflation, you may hear some popping, which is normal.

3 Every patient's anatomy is unique. Ask your doctor what to expect during your procedure.

4 After the procedure, you may experience some numbness in your throat due to the numbing medication.

5 You may experience light bleeding from your nose for a few days after your procedure.

What to expect after your procedure

3. Quick recovery

After the procedure

Many patients return to normal activity the day of the procedure. Your physician may ask you to refrain from vigorous physical activity for a period of time after the procedure.

Tips to help you after your procedure

- Schedule a follow-up appointment with your physician (seven to 10 days for sinus procedure; 30 days for Eustachian tube procedure).
 - Avoid blowing your nose for the week immediately after the procedure or until your follow-up appointment.
If you do blow your nose, do it lightly.
 - You may sniff inward all you want.
 - If necessary, sneeze with an open mouth.
 - Sleep with your head elevated on two or three pillows for _____ days. This will help reduce swelling.
 - Moisturize your nose two or three times a day with _____
 - When you use the saline spray, spray it in your nose and sniff inward.
 - If you use a CPAP machine, do not use it for one week after the procedure.
 - Pain medications and antibiotics: _____
 - Prescription medications: _____
 - Dietary supplements: _____
 - You may resume a regular diet _____ after the procedure.
 - You may go back to work _____ after the procedure.
 - Refrain from vigorous physical activity for _____ hours after your procedure.
 - You should not fly, scuba dive, skydive, or parachute for _____, to ensure all swelling from the procedure is gone.
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- If you have severe nausea or headaches, a heavy uncontrollable nosebleed, or have other questions about your recovery, call your doctor.

SinusSurgeryOptions.com

The XprESS ENT dilation system may be used to treat certain conditions affecting the sinuses above your eyebrows and behind your cheeks and eyes and the Eustachian tubes that connect your ears to the back of your throat. Your physician will need to determine if your condition is one that may benefit from the XprESS system. Possible side effects include but are not limited to post-operative bleeding; pain and swelling; allergic reaction to anesthesia or other medications administered during the procedure; or infection. Your condition may not respond to this treatment. To learn more about this procedure and the potential risks, ask your physician.

Indications for Use: To access and treat the maxillary ostia/ethmoid infundibula in patients 2 years and older, and frontal ostia/recesses and sphenoid sinus ostia in patients 12 years and older using a transnasal approach. The bony sinus outflow tracts are remodeled by balloon displacement of adjacent bone and paranasal sinus structures. To dilate the cartilaginous portion of the Eustachian tube for treating persistent Eustachian tube dysfunction in patients 18 years and older using a transnasal approach.

Please see Instructions for Use (IFU) for a complete listing of warnings, precautions, and adverse events.

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