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## **Post-Operative Instructions for Eustachian Tube Balloon Dilation**

Eustachian Tube Balloon Dilation is a procedure to open the Eustachian Tube to improve middle ear ventilation and drainage. The most important part of recovery is allowing time for the swelling to reduce and the Eustachian Tube to be fully open.

### **Pre-operatively**

Please avoid all forms of aspirin, alcohol, and herbal products for one week prior to the procedure

### **What to Expect:**

1. Nausea – Immediately after the procedure, stick to clear liquids and foods. After a few hours, you may increase the diet as tolerated.
2. Nasal congestion – Cleaning the nose with peroxide on a Q-tip or rinsing the nose with a nasal saline (i.e. – Simply Saline) will help with this. Start saline nasal spray 3xs daily the day of or after surgery.
3. **Discomfort, headache, dry/sore throat, low grade fever- all are expected and will resolve quickly.**

### **Post-operative Care**

1. You will need to rest with the head elevated for the first 48-72 hours.
2. You may resume very light activity like walking at 1 week, and can resume full activity as tolerated after 1<sup>st</sup> week.
3. If you are hurting, please take Tylenol/Motrin as needed.
4. Pop ears 3x/day to keep air flowing through the Eustachian tube.
5. Restart any nasal steroid sprays post-operatively.
6. If you have any questions at all about the procedure, or your recovery, please call so we can ensure the fastest recovery possible.