Tired of Sinusitis Pain and Pressure?

Instant relief that lasts

Quick recovery

Sinusitis, Balloon Sinus Dilation, and You
Paranasal sinuses are air filled pockets located in the head. There are four pairs of sinuses:

- Maxillary sinuses
- Frontal sinuses
- Ethmoid sinuses
- Sphenoid sinuses

**What are the Sinuses?**

**How do Healthy Sinuses Work?**

When you breathe in air, mucus in sinuses humidifies the air and collects bacteria and pollutants.

Tiny hairs lining the sinus move the mucus (with pollutants) out of the sinus, into your throat. You then swallow the mucus, and your stomach acid destroys the bacteria and pollutants.
Sinusitis (or rhinosinusitis) is an inflammation or swelling of the sinus lining and drainage pathways, which can lead to poor or blocked sinus drainage.

**What is Sinusitis?**

- Bad breath or loss of smell
- Cough, often worse at night
- Fatigue and generally not feeling well
- Fever
- Headache — pressure-like pain, pain behind the eyes, toothache, or tenderness of the face
- Nasal stuffiness and discharge
- Sore throat and postnasal drip

**Typical Sinusitis Symptoms:**

- Swelling
- Blocked Drainage
- Stagnation and Infection
What Causes Sinusitis?

Possible sinusitis triggers:

- Common cold and other viral respiratory illnesses
- Allergies or mold sensitivity
- Environmental irritants such as air pollution, or tobacco smoke
- Nasal polyps that block or slow drainage
- Anatomy variations, such as a deviated septum, that narrow drainage pathways
Types of Sinusitis

1. **Acute**
   - Sinusitis symptoms resolve in four weeks or less.

2. **Recurrent**
   - Four or more acute sinusitis outbreaks in a single calendar year.
   - Periods of relief are followed by another outbreak.

3. **Chronic**
   - Symptoms last for more than 12 weeks.
   - Severity of symptoms may change, but will not completely resolve.

### POTENTIAL TREATMENT OPTIONS

<table>
<thead>
<tr>
<th></th>
<th>Acute</th>
<th>Recurrent</th>
<th>Chronic</th>
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</thead>
<tbody>
<tr>
<td>Medical Therapy</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
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<tr>
<td>Balloon Sinus Dilation</td>
<td>NO</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Endoscopic Sinus Surgery</td>
<td>NO</td>
<td>YES</td>
<td>YES</td>
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Drugs or combination of drugs are used to reduce swelling, thin mucus and restore drainage.
## Potential Side Effects of Medical Therapy

### Medical Therapies to Treat Swelling

**Nasal and/or Systemic Steroids**
- Nasal dryness
- Nosebleeds

### Medical Therapies to Thin Mucus and Treat Infection

**Antibiotics**
- Unpleasant aftertaste
- Upset stomach
- Mild to severe diarrhea

**Decongestants**
- Rebound congestion
- Increased blood pressure
- Dizziness
- Nervousness or irritability
- Trouble sleeping

**Mucolytics**
- Dizziness
- Drowsiness
- Excitability, nervousness or anxiety
- Headache
- Nausea
- Trouble sleeping
Balloon sinus dilation and endoscopic sinus surgery are used to expand drainage pathways and sinus openings to improve drainage.
## Comparing Balloon Sinus Dilation & Endoscopic Sinus Surgery

### Why consider a less invasive approach like office balloon sinus dilation vs. endoscopic sinus surgery?

- Delivers instant, lasting relief\(^1,3\)
- Convenient, comfortable office procedure\(^4\)
- Quick recovery\(^1\)
- May reduce healthcare costs

### BALLOON SINUS DILATION VS ENDOSCOPIC SINUS SURGERY

<table>
<thead>
<tr>
<th></th>
<th>Office Balloon Sinus Dilation</th>
<th>Endoscopic Sinus Surgery</th>
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</thead>
<tbody>
<tr>
<td><strong>Is it effective?</strong></td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Separate studies have shown that patients who receive office balloon sinus dilation or endoscopic sinus surgery experience significant, lasting improvement in sinusitis symptoms</td>
<td></td>
<td></td>
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<tr>
<td><strong>How does it work?</strong></td>
<td>Small balloons gently reshape anatomy</td>
<td>Cutting instruments remove tissue</td>
</tr>
<tr>
<td><strong>Will I be put under with general anesthesia?</strong></td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>Can be performed under local anesthesia in your doctor’s office</td>
<td>Typically performed with the patient under general anesthesia in an OR</td>
<td></td>
</tr>
<tr>
<td><strong>How long will recovery take?</strong></td>
<td>1 to 2 days(^1)</td>
<td>1 to 2 weeks(^2)</td>
</tr>
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The procedure will begin with application of local anesthesia to ensure your comfort. This can take up to 15–30 minutes.

During the procedure, a thin instrument, with the balloon, will be guided through your nasal passages to the treatment area.

After being positioned, the balloon will be gently inflated for five seconds and then deflated.

The balloon may be repositioned and the inflation repeated.

When dilation is complete, the instrument and balloon will be removed. A typical procedure takes approximately 30 minutes.

Most people return to normal activity 24 hours after the procedure.
Visit www.SinusSurgeryOptions.com to see videos and hear patient experiences.