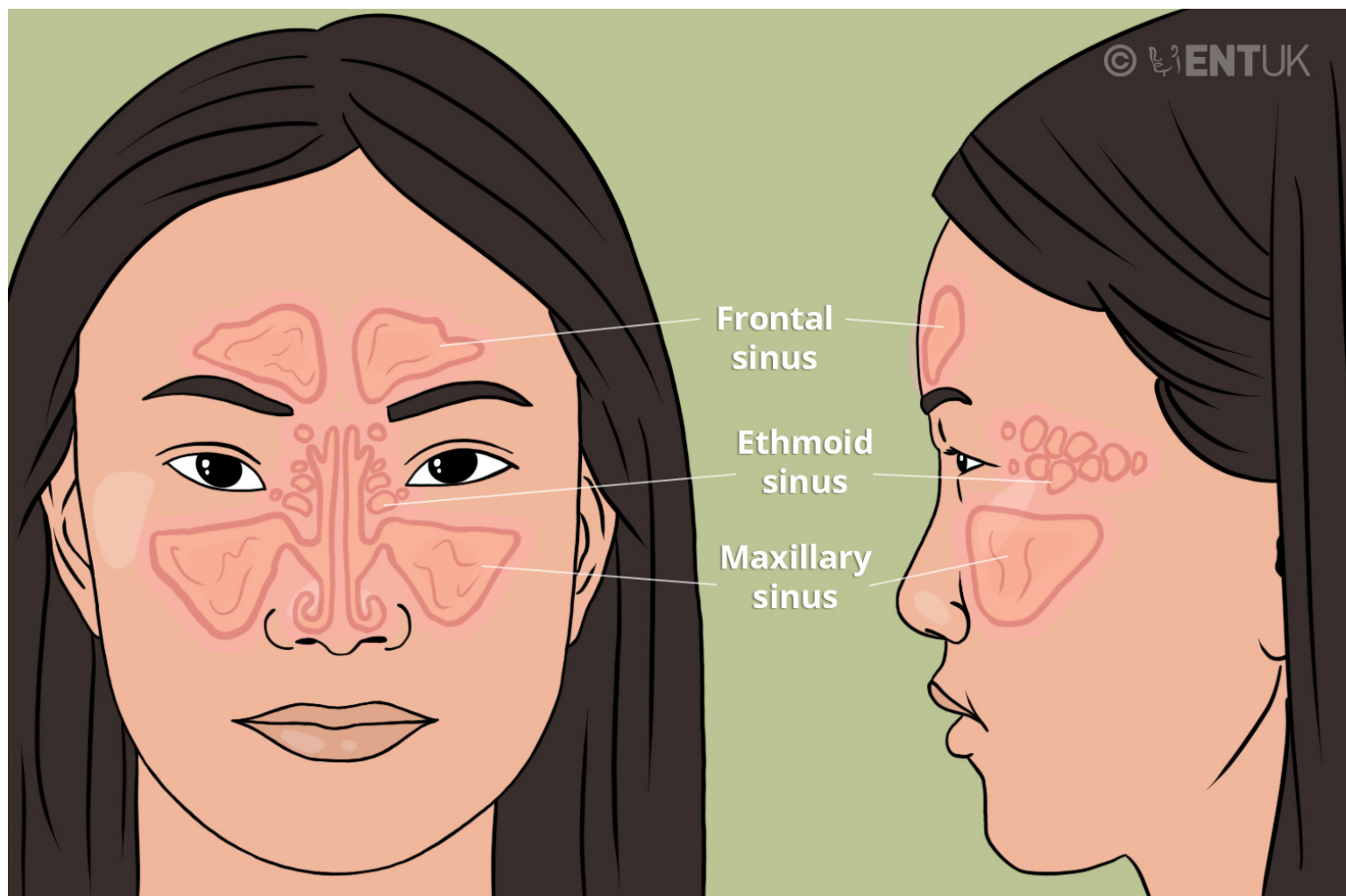




## Balloon sinuplasty

### What are sinuses?

Sinuses are small pockets of air in the bone of the face. They open inside the nose. You have four sets of sinuses. These are under the eyes, above the eyes, between the eyes, and at the back of the nose.



### What is balloon sinuplasty?

Balloon sinuplasty is a minor operation. It uses small balloons to widen the sinus opening. Your child's doctor will let you know which sinuses need opening. This lets snot drain out of the sinus, into the nose. It helps with sinusitis.

The procedure can help with sinusitis above the eyes. It is less common for sinusitis under the eyes.

This treatment can help children who still have a blocked nose after their adenoids have been taken out. See our patient information e-leaflet on [adenoidectomy](#).

Sometimes small pieces of tissue from inside the nose are taken away. This lets the surgeon reach your child's sinus. However, this is not usually needed.

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## What are the alternatives?

**Functional endoscopic sinus surgery** can help when medicines have not worked. It is performed under a general anaesthetic, when you are asleep. Blocked tissue is taken away to widen the opening of the sinuses. This is done through the nose using a small camera called an endoscope. No cuts are made on the outside of the nose.

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## Deciding whether to have the treatment

The decision to have surgery is based on your doctor's recommendation, your and your child's wishes and your child's circumstances. You can change your mind about the treatment at any time. Signing a consent form does not mean your child must have the operation.

If you would like to have a second opinion about the treatment, you can ask your doctor, who can arrange for this. You can ask your own GP to arrange a second opinion with another doctor.

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## What happens before the operation?

You may be asked questions by the anaesthetist (the doctor who puts you to sleep) to see if your child needs any tests.

You will be told when your child can eat and drink before the operation. You must follow this so that the surgery can be done safely.

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## What happens during the operation?

Your child will be given a general anaesthetic. This will put them to sleep for the operation.

A thin wire is gently placed in your child's nostril. A small balloon goes along this wire and into the sinus. The balloon is blown up, stretching the narrow part open.

After a few minutes, the balloon is deflated and removed. The sinus is washed out with salt water.

[ILLUSTRATION COMING SOON]

*Figure 2. A balloon is guided into the frontal sinus. When it is taken out, the opening is wider.*

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## What happens after the operation?

After the operation, your child will go to the recovery ward. When the anaesthetic has worn off, they will go back to the day surgery unit if the surgery is a day case. If they are staying overnight, they will go to the ward.

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## Nasal blockage

Your child's nose can feel blocked after surgery. This can be because of nasal dressings, snot or swelling.

Some types of dressing will dissolve on their own. Others will need to be taken out after a few hours. You will need to rinse your child's nose with salt water. This will help clear your child's nose. The blocked nose should get better within a week.

## Nosebleeds

You may see blood in your child's snot in the first week after their operation. Try to stop your child blowing their nose for a few days after surgery to reduce the risk of a nosebleed.

If your child has a severe nosebleed after surgery, you must take them to the nearest Emergency Department straight away.

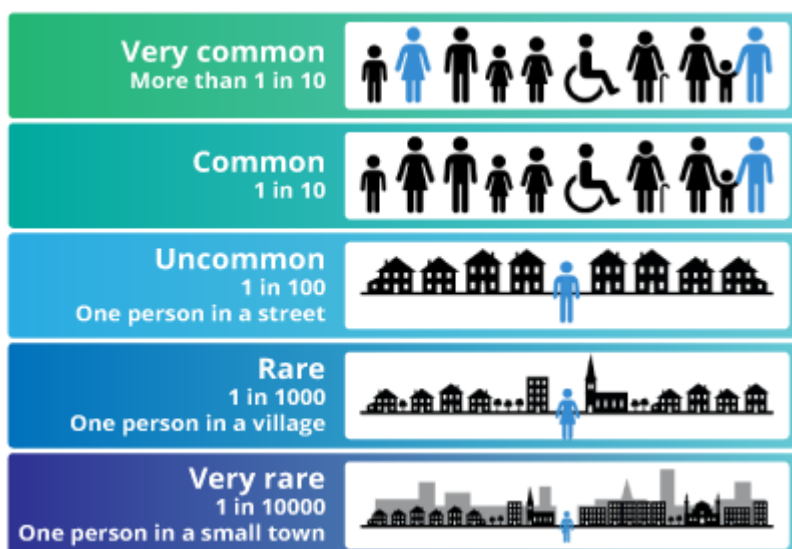
## Discomfort in the nose or face

Your child might feel some discomfort or pain in their nose or face after surgery. If their sinuses have been washed out, their nose may drip salt water for a day.

## Are there any complications to this operation?

All surgery involves some risks. Balloon sinuplasty is usually safe and effective. Most of the issues below are rare but should be discussed.

Complications fall into the following groups.



**Eye injury.** Eye injury is rare. The sinuses are very close to the eye sockets. Sometimes there can be bruising around the eye. This usually goes away on its own.

Serious damage is very rare. It could cause severe swelling of the eye, double vision, and loss of sight. Serious eye complications might need more surgery.

**Cerebrospinal fluid (CSF) leak.** This complication is rare. The sinuses are very close to the base of the skull and brain. Nose and sinus surgery carries a risk of damaging the base of the skull. This can cause the

fluid around the brain to leak into the nose. This complication can go away on its own, but usually needs further surgery.

**General anaesthetic.** The operation takes place under general anaesthetic. This is very safe in children. Your child's pre-assessment team will inform you about the risks of a general anaesthetic. [For more information, click here.](#)

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## How long will my child be in hospital?

Your doctor will tell you if your child can go home on the same day of surgery or the day after.

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## How long will my child be off school?

Keep your child off school for a week. Most children return to normal activity within 7-10 days after surgery. Your child should avoid physical activity for at least 2 weeks after surgery and then start slowly.

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## Follow up

Your surgical team will tell you before your child goes home when their follow-up appointment will be.

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## Will my child need further treatment?

Your child may need to have this operation again if their symptoms come back. Your child's doctor will inform you if your child needs further surgery.

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## Further reading

- [NICE guidance - Relieving chronic sinusitis using an inflatable balloon.](#)
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In collaboration with:



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We greatly value your input and appreciate the time you take to provide it.

**FEEDBACK SURVEY**



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