

## Is Balloon Sinus Dilation Right For You?

### SYMPTOMS

**Choose “yes” if you have had any of the following symptoms for ten days or longer:**

Facial pressure or pain	Yes	No
Headache pain	Yes	No
Congestion or stuffy nose	Yes	No
Thick, yellow-green nasal discharge	Yes	No
Low fever (99-100 degrees)	Yes	No
Bad breath	Yes	No
Pain in your upper teeth	Yes	No

### DURATION AND FREQUENCY

Have you experienced these symptoms for 12 or more weeks? Yes No

In the past year, have you experienced these symptoms for ten days or longer on three separate occasions – with interim periods of no symptoms? Yes No

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Insurance company: \_\_\_\_\_

Please return this completed survey to the receptionist.

For a more complete symptom survey, go to  
[www.SinusSurgeryOptions.com/Survey](http://www.SinusSurgeryOptions.com/Survey)

## Balloon Sinus Dilation vs. Traditional Sinus Surgery (FESS)<sup>5</sup>

A recently released, randomized controlled trial comparing balloon sinus dilation and traditional sinus surgery found that after 6 months both balloon and traditional surgery patients experienced significant symptom improvement. But the path to recovery was very different...

	BALLOON	FESS
Symptom Improvement After Six Months	67%	63%
Symptom Improvement After One Week	59%	38%
Days Prescription Pain Medicine Needed	<1	2.8
Days to Return to Normal Activity	1.6	4.8
Require Follow-Up Debridements*	8%	74%

\*removal of scar tissue, scabs, or crusting to aid healing

## Get Better. Faster.

<sup>1</sup> Kemppainen TP, Tuomilehto H, Kokki H, Seppä J, Nuutinen J. Pain treatment and recovery after endoscopic sinus surgery. Laryngoscope. 2007 Aug; 117(8):1434-8.

<sup>2</sup> Stankiewicz J, Truitt T, Atkins J, Winegar B, Cink P, Raviv J, Henderson D, Tami T. Two-year results: transantral balloon dilation of the ethmoid infundibulum. Int Forum Allergy Rhinol. 2012 May;2(3):199-206.

<sup>3</sup> Stankiewicz J, Tami T, Truitt T, Atkins J, Liepert D, Winegar B. Transantral, endoscopically guided balloon dilation of the ostiomeatal complex for chronic rhinosinusitis under local anesthesia. Am J of Rhinology. 2009 May-June; 321-327.

<sup>4</sup> Stankiewicz J, Tami T, Truitt T, Atkins, et al. Impact of chronic rhinosinusitis on work productivity through one-year follow-up after balloon dilation of the ethmoid infundibulum. International Forum of Allergy & Rhinology, 2011 1: 38 – 45.

<sup>5</sup> Cutler J, Bikhazi N, Light J, Truitt T, Schwartz M. Standalone balloon dilation versus sinus surgery for chronic rhinosinusitis: A prospective, multicenter, randomized, controlled trial. Am J Rhinol Allergy doi.org/10.2500/ajra.2013.27.3970.

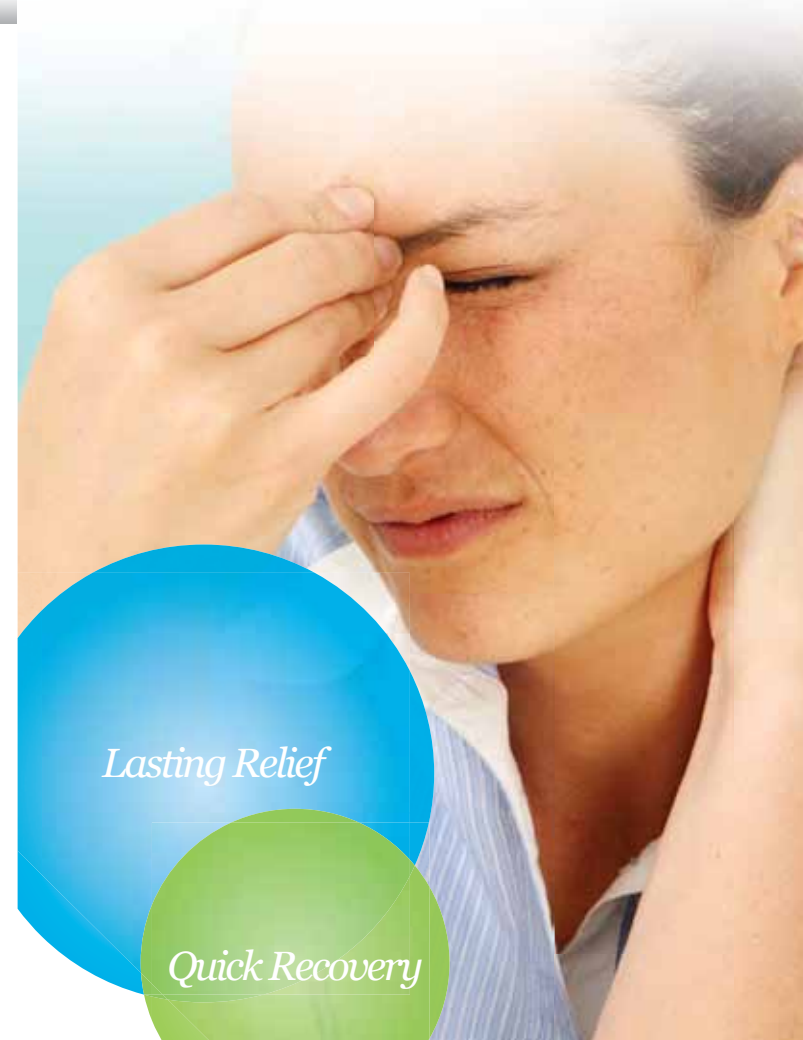
XprESS may be used to treat certain conditions affecting the sinus above your eyebrows and behind your cheeks and eyes. Your physician will need to determine if your condition is one that may benefit from XprESS. Possible side effects include but are not limited to post-operative bleeding; pain and swelling; 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.

Caution: Federal (USA) law restricts this device to sale by or on the order of a physician.

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## Tired of Sinus Pain and Pressure?



*Lasting Relief*

*Quick Recovery*

*How a little balloon  
can provide instant  
relief that lasts*

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## Are You Living With Recurring or Persisting Sinus Pain and Pressure?

## Why Choose Balloon Sinus Dilation

## How Balloon Sinus Dilation Works

Millions of Americans suffer from sinusitis—an inflammation or swelling of the tissue lining the sinuses. This swelling can prevent your sinuses from draining. Mucus and fluid buildup inside the sinuses can lead to sinus infections and more inflammation and pain.

*Sinusitis symptoms include:*

- **Facial congestion/fullness**
- **Nasal blockage**
- **Nasal discharge**
- **Fever**
- **Headaches**
- **Fatigue**
- **Dental pain**
- **Bad breath**

For many years, patients suffering from recurring or persisting sinusitis were left with two choices:

- *Manage their symptoms with ongoing rounds of medical therapy. Some patients are dissatisfied with the frequency and effectiveness of*