

# Simple Sinus Solution

For more than 20 years, Pat Hixenbaugh suffered from sinus infections that never completely went away. “It never quit,” she laments. “Once I got off antibiotics, it would rebuild up because the infection was still there.” Medication helped, she says, but “my head always felt so full. I was always either sneezing or blowing my nose.”



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Pat’s condition kept her increasingly indoors. “I always hesitated to do [anything outdoors] because I figured being outside had something to do with my sinus [problems],” she explains. “I’d been staying in the house and babying it, thinking it was allergies or that I had weak sinuses. I didn’t really know what was going on.”

Earlier this year, she decided to find



**Daniel Rothbaum, MD**, is board certified in otolaryngology and specializes in facial plastic surgery and otolaryngology. He is a leader in balloon sinus dilation surgery in Central Florida. Dr. Rothbaum graduated magna cum laude from Harvard College in Cambridge, MA with a degree in social studies. He received his Medical Doctorate (MD) degree from the Yale School of Medicine in New Haven, CT. Dr. Rothbaum completed his internship and residency training at the Johns Hopkins Hospital in Baltimore, MD.

## In-office balloon procedure alleviates chronic sinus problems.

out what was wrong and finally take care of it. “I decided I’d had enough of being sick all the time, missing appointments with my girlfriends and saying, *I can’t do this* because I have a sinus headache,” she relates. “I was just over it.”

Pat did some research and found Daniel Rothbaum, MD, a board-certified otolaryngologist at Atlantic Ear, Nose & Throat.

## Balloon treatment

Dr. Rothbaum sent Pat for a CT scan and learned that her sinus passageways were blocked. “When the sinus drainage pathway is blocked, it causes pressure in the sinuses,” he explains. “This may lead to infection behind the blockage that makes the symptoms even worse.” To treat Pat’s problem, he recommended a procedure known as *balloon sinus dilation*, sometimes called *balloon sinuplasty*. “It’s really a revolutionary procedure in sinus treatments because it is much less invasive,” he notes, “and the recovery is much quicker compared to traditional sinus surgery.”

With traditional sinus surgery, “recovery can last for weeks,” Dr. Rothbaum describes. “It can be very uncomfortable, and it’s much more of a difficult recovery.”

However, balloon sinus dilation, which was FDA approved in 2005, is an easier and effective method that allows patients to get back on their feet in only a few days. “It’s really a night and day

difference,” Dr. Rothbaum explains. “It’s a wonderful option for patients who have been suffering for a long time with chronic sinus problems. I’m excited to be able to offer it to our patients.”

The outpatient procedure is completed right in Dr. Rothbaum’s office and takes about an hour. With the patient under mild sedation, a balloon catheter is inserted into the affected sinus. Once in place, the balloon is inflated and expands the sinus opening. The balloon is deflated, the catheter is removed and the sinus remains open.

Most patients are able to return to their normal activities in a day or so, meaning very little downtime is required.

## Breathe easy

Pat says her balloon sinus dilation procedure at Atlantic Ear, Nose & Throat was easy and effective. “I walked out of the office, and there was no bruising or swelling,” she remembers. “You absolutely couldn’t tell by looking at me that I had it done, except I felt so much better already. I could breathe.

“Anyone who has chronic sinus problems really needs to check into [the procedure], and I recommend Dr. Rothbaum,” she emphasizes. “He’s very nice. Kind but professional. He’s just a good doctor.”

After more than 20 years, Pat says she’s able to enjoy the outdoors again.



FHCN PHOTO BY NERISSA JOHNSON

**Pat has a new sense of freedom now that her sinus problems are gone.**

“It’s a powerful sense of freedom,” she confides. “I wish I would have had it done many, many years ago. It’s changed my life.” **FHCN**—Melanie Casey

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