



Genio Implant for Obstructive Sleep Apnea

We are pleased to offer the Genio implant for moderate to severe obstructive sleep apnea. It is a great option for patients who have a hard time tolerating CPAP machines. Studies show that it is very safe and effective. It has the advantage of stimulating both sides of the tongue musculature during sleep in order to effectively keep the air passage open and eliminate apnea events.

How does it work?

The device is surgically implanted under the chin in an outpatient surgery that takes about 1 to 1.5 hours. We wait two months before we activate the device to allow plenty of time for the area to heal. Once activated, an external adhesive patch is worn at night under the chin. The patch has the part of the implant that powers the implanted portion. The patch is replaced nightly but only worn at night during sleep. The implant stimulates the muscles under the chin that bring the back of the tongue forward to open the air passage.

What are the risks?

The procedure is a very safe outpatient surgery. It is possible to have bleeding, infection, scarring, and pain after any type of surgery. The pain should be easily controlled with over-the-counter or prescription pain medication during the first week. It is possible, although rare, to have some weakness of the tongue right after surgery which could affect speech or swallowing. It is very unlikely that any weakness would persist. It is possible to have an adverse reaction to the implant material, although the material used for these types of implants is intentionally designed to be well-tolerated. If there are significant problems with infection or adverse reaction then the implant could be removed in the future. This is very unlikely (<1%).

What should I expect during recovery?

The area under the chin will have some bruising and swelling for the first several days. The bandage is kept in place for 48 hours and it helps to sleep with the head somewhat elevated during this time. Patients should start with a soft diet that is easy to chew and swallow. Patients should also use caution by taking small bites and sitting completely upright while swallowing. Pain medicine can be taken as directed but not more than directed. Patients should avoid travel out of the area for the first two weeks after surgery. Patients should also avoid hard exercise, straining or lifting more than 10 lbs. for two weeks. We will arrange a follow-up visit with the surgeon about one week after surgery. We will also arrange a visit in which the device will be activated about two months after the surgery.

When should I call the doctor's office?

You can call our office number 24 hours a day if there are any urgent problems that require the attention of the physician. Some examples might be:

- Fever > 101 deg F
- Severe pain not controlled by pain medication
- Inability to swallow any food or liquids
- Large amount of swelling at the incision site
- Persistent nausea or vomiting after surgery



- Any other concerns not listed above

For these types of issues you can call our office number at (972)-253-4280. If during the daytime you should select the “scheduling” option to speak to a receptionist. If during the evening or weekends the answering service will direct you to the on-call physician. For medical issues requiring emergency care we recommend going to Medical City Las Colinas at 6800 N. MacArthur Blvd. Irving, Texas if possible.