



INSPIRE IMPLANT POST-OP INSTRUCTIONS

- Keep the ace-bandage wrap around the neck in place for 48 hours. It should provide some gentle compression to decrease swelling under the chin. If it is too tight you can loosen it with the velcro attachment.
- Keep the chest wall bandage in place for 48 hours.
- After dressing removal it is okay to shower and wash the areas with soap and water.
- The incision has a layer of dermabond which is a sealant. There may also be some visible clear suture. The dermabond will peel off in 7-10 days and the sutures will dissolve and break off around that same time period.
- Do not do any strenuous exercise or lifting more than 15 lbs for 2 weeks.
- Do not do any vigorous motion with your right arm (such as swinging a golf club or similar movements) for 6 weeks.
- You will have some bruising and soreness at both incision sites and mild to moderate swelling. Use cool packs and keep your torso elevated to decrease swelling.
- Your throat will be sore for the first 5-7 days. Start with a soft diet and advance to a regular diet as tolerated.
- You should have a post-op visit with your surgeon 5-7 days after surgery.
- It is okay to return to work 5-7 days after surgery. Be aware that you will still have some visible bruising on the neck for 2-3 weeks.
- You should have an appointment with your neurologist for activation of the device 4-5 weeks after surgery. You will start using the device at a low setting at that point. You will gradually increase the stimulation by adjusting the settings on a weekly basis for several months after that. During this time of adjustment you should start to notice improvement in snoring and sleep apnea symptoms. Eventually, we will obtain a sleep study with the device adjustment during the sleep study to define the optimal settings.

Call your doctor if you have any of the following:

- Fever greater than 101 deg F
- Pain is not adequately controlled
- Difficulty breathing
- Persistent nausea or vomiting
- Any other concerns

If you need to go to the emergency room for any reason please go to Medical City Las Colinas at 6800 N MacArthur Blvd Irving, Texas 75039.

You can call our office number 24 hours a day at (972)253-4280. If it is after business hours the on-call physician will be reached.