

INSPIRE Procedure Post Operative Instructions

HOW YOU WILL FEEL

You will be drowsy and tired following surgery due to the medicines we have given you to make you comfortable. Most people wake and doze on and off during the evening after surgery. The day following surgery, you may still feel a bit tired, but you will soon regain your energy. You may move about normally without fear of disrupting your surgery. Your energy will return more rapidly if you do.

IF YOU HAVE NAUSEA

Although we give anti-nausea medicines before, during and after your surgery, it's still not unusual to have some nausea following surgery. Relax, decrease your activity and don't eat any heavy foods—just try some clear liquids. All nausea should be over 12-24 hours following surgery.

DISCOMFORT

You may have some discomfort around your incision and neck and chest. Usually, this is due to muscle soreness. We've given you a pain medicine to be used as directed. Take a pain pill before going to sleep the evening of surgery (preferably after you have kept something in your stomach). Take another pain pill the morning following surgery since you may feel a bit stiff and uncomfortable when you begin to move about. After two days, extra strength Tylenol may control your discomfort instead of the narcotic.

SWELLING

You may expect some swelling and discoloration (bruising) around your neck and chest. This swelling will increase overnight. To reduce swelling, you may gently apply an ice pack to the surgical incision during the first 48 hours following surgery. If possible, sleep with your head elevated on two pillows. Most of your swelling should subside over 4 to 5 days.

FEVER

Fever of up to 101 F following surgery is common. You can use Tylenol or Motrin to reduce the fever.

ANTIBIOTICS AND INFECTIONS

You received antibiotics in your IV prior to surgery. You may be given antibiotics to continue after surgery as well. Infection after the INSPIRE surgery is very rare, but if you notice increased redness or swelling accompanied by tenderness or fever over 102 F at any time, please call us so that we may examine you.

ACTIVITY

You may resume light activity as you start to recover from surgery. You should avoid any heavy lifting or straining for at least a week after surgery. Strenuous sports should be avoided for at least 2 weeks. This is to prevent an increase in swelling or bleeding in the surgical area. You may return to work when you feel ready. Generally, people return to work rather quickly, within 5-7 days.

DIET

There is no diet restriction after surgery. Gradually increase your diet to regular as your stomach and tongue and neck pain allow.

DRESSINGS

You will have your incision closed with either stitches or Dermabond tissue glue. If you have Dermabond, there will be no stitches to remove. The Dermabond usually starts peeling off 7-10 days after surgery.

You will have gauze dressing on the incisions with tape. You can remove the tape and gauze dressing after 8 hours.

PERSONAL HYGIENE

You may shower or bathe as usual 24 hours after surgery. Please clean around the incision and keep the surgical site clean. You may use soap and water. Take care to treat your incision gently.

NUMBNESS

You will have some numbness around your incisions, cheek and ear. The sensation will usually recover over the course of weeks to months.

FACIAL WEAKNESS

We use nerve monitors and very gentle technique during your surgery. However, it is possible to have some temporary nerve weakness in your face or neck after the surgery. Generally, this occurs around the corner of the mouth. It is usually very mild and returns within a few weeks. It is rare to have any permanent facial weakness.

Tongue Weakness

It is very common to have tongue weakness and pain for a few days after surgery. This is due to stimulation of the tongue muscles along with nerve monitors placed within the tongue. This may affect your speech and swallowing but should resolve over the next 1-2 weeks.

FOLLOW UP

You will need to be seen 1-2 weeks after surgery for a wound check. The INSPIRE device will be activated 3-4 weeks after surgery. This appointment should have been made by your doctor's **Surgery Coordinator** at the time of scheduling the surgery. If you are unsure if you have a post operative appointment scheduled, please reach out to your doctor's **Surgery Coordinator** to verify your post operative appointment.

WHAT SHOULD I CALL THE DOCTOR FOR?

- Fever over 102 F that **DOES NOT** respond to Tylenol or Motrin. The fever may go up and down but if it does decrease with Tylenol or Motrin, it is OK to monitor.
- Sudden increase in swelling of the neck incision or chest incision.
- Difficulty breathing.