

Post-Operative Instructions after Incisional Surgery

1. What to expect:
 - Mild to moderate discomfort and swelling at the incision sites. This will subside in a few days.
 - Mild sore throat for the first couple days from the general anesthesia intubation.
 - There may be some slurred speech for a few days.
 - Do NOT take a shower for 2 days after surgery. You CAN take a bath from the waist down instead.
 - No heavy lifting or vigorous exercise for 5 days post Inspire placement.
2. Perform neck stretching exercise sessions 10 x daily for one month post Inspire placement.
 - Neck Side Bend: Gently touch right ear to right shoulder. Then, gently touch the left ear to left shoulder. Repeat 3-5 times each session.
 - Neck Side Rotation: Gently turn your head and look to the left. Recenter head. Gently turn your head and look to the right. Repeat 3-5 times each session.
 - Neck 360° Rotation: Gently tuck your chin towards your chest and slowly roll your head to the left, then gently roll your head to the back, then gently roll your head to the right, then gently roll your head back to the chin tuck position. This is one rotation. Complete 3 rotations starting in opposite directions for a total of 6 rotations per session.
 - Head Tilt: Gently tuck your chin to your chest, then slowly lift your chin from your chest and continue to extend your head back until you are looking up. Recenter your head. This is one tilt. Repeat 3-5 times each session.

*** Set an alarm on your phone or smart device to go off every hour during a 10-hour window to help remind you to complete a stretching session.
For example: 6 am until 4 pm --OR-- 8 am until 6 pm --OR-- 10 am until 8 pm.
3. You may return to using CPAP, oral appliance, or oxygen therapy during the post-op period unless the straps or devices rest on the surgical site.
4. Take pain medication as prescribed. It is OK to substitute Tylenol if the pain medication is too strong or causes nausea. You may resume your regular medications after surgery unless otherwise specified.
5. If you develop severe pain, swelling or redness at any of your incision sites, or fever > 101°F, please call our office at (512) 346-7600 x1 and ask to speak to a medical assistant. If it is after hours, please call (512) 660-6831 to reach our on-call doctor.
6. Follow up: Initial post-op check with the surgeon in our office 7-14 days post procedure. The device will be activated by the sleep physician in their office at the one-month post-op visit.