

## INSPIRE HYPOGLOSSAL NERVE IMPLANT POST-OPERATIVE INSTRUCTIONS

1. After surgery you will have three incisions: one in the upper neck (just below the jaw bone), one in the upper chest (just below your collar-bone) and one along the side of your chest between two ribs. These are usually on the Right side, but occasionally will be on the Left
2. Surgery lasts 2-4 hours and will usually be outpatient
3. Bandages may be removed 24-48 hours after surgery. If needed or desired they may be redressed with large band aids or with gauze/tape which may be obtained over the counter. After first 48 hours they do not need to be bandaged. The wounds have stitches underneath the skin and a special glue protecting the incision. Occasionally there will be visible stitches. Often they look red/blue, swollen and the ink used to mark the incisions may be visible. See #7 below for wound care recommendations
4. Common side effects: pain, swelling and skin bruising around the incisions, tongue discomfort with talking, swallowing or chewing; dry mouth, dry/scratchy throat/voice, blood tinged saliva and pain around the ribs with deep breath, coughing, sneezing or laughing.
5. Symptoms that should prompt an urgent call to office/surgeon or travel to the nearest emergency room include: rapid or severe swelling in the neck or mouth, shortness of breath, new or uncontrolled pain, bloody/purulent/foul smelling drainage from your incisions.
6. Restrictions after surgery
  - a. No diet changes—you can eat/drink whatever you want; we recommend drinking lots of clear fluids for the first few days after surgery.
  - b. No major activities with the arm/shoulder on the side of your surgery (usually the right) for 3 weeks. You will have a sling for your arm after surgery. This should be worn as much as possible for the first 2-3 weeks after surgery to remind you not to use that arm. You may still use it for minor activities such as typing, using a fork/spoon/knife, driving.
  - c. No strenuous activity, exercise or heavy lifting for 2 weeks
7. Wound care after surgery
  - a. All incisions have dissolvable sutures underneath the skin (do not require removal) and a dissolvable glue on the skin. This does not need to be removed, it will slowly dissolve over the first few days after surgery
  - b. After you remove dressings you may shower, but do not take a bath or submerge in water (bathtub, pool, jacuzzi, etc) for two weeks
8. Follow up
  - a. Dr. Leach—usually within 1-2 weeks after surgery; then around 3 months, then every 6-12 months
  - b. Sleep Medicine: Complete Sleep Solutions: Dr. Henninger/Memon or Integra Health (Dr. White/Chue) –
    - i. 4-8 weeks for implant activation and delivery of remote control (if you do not know when this appointment is let our office know and we will assist in coordinating this appointment)
    - ii. 2-3 months for overnight sleep study— where the implant settings are customized for your specific sleep patterns
  - c. Contacting our office
    - i. Office phone numbers are listed below: if calling after 5pm or on weekends you may speak with an answering service who will direct your question/issue to Dr. Leach (if available) or the on-call ENT surgeon for the practice. If are having an urgent issue that requires immediate medical attention you should go to the nearest emergency room with ENT coverage (Temecula Valley Hospital, Rancho Springs Medical Center, or Inland Valley Medical Center)