After Your Surgery

Inspire Implant

CAPITAL ENT & SINUS CENTER

What to Expect

- Pain and soreness around the incisions.
- Mild swelling around the incisions. You may have more noticeable swelling at the neck incision due to inflammation of the submandibular gland. This is temporary and usually resolves within 2 to 3 weeks.
- Mild oozing from around the incisions.
- Your tongue will likely be sore for a few days after surgery.
- Your Inspire implant is usually activated in our office about 1 month after surgery. If you already see a sleep medicine doctor who manages your Inspire, activation may happen there instead.

What to Do

- You may shower 24 hours after surgery. Let warm, soapy water run over the wounds.
- Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless your surgeon said not to or you have an ulcer or kidney disease.
- Eat a regular diet.
- Perform neck rolls, 10 clockwise and 10 counterclockwise, 3 times per day.
- For 2 weeks, avoid reaching overhead, and lift little to no weight with the arm on the side of your implant (usually the right).

What Not to Do

- For 24 hours after anesthesia: no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- Do not swim or submerge the wounds in water for 1 week. Do not scrub the wounds while showering.
- No heavy lifting (over about 10 lb) or strenuous activity (anything that makes you breathe hard, strain or sweat) for 1 week.
- For 1 week, stay within an hour of our office or an ER, and do not fly.

When to Call or See the Doctor

- Shortness of breath, chest pain, or rapidly increasing swelling in the neck: call 911 or go to the nearest emergency room.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Worsening, severe pain.
- Persistent drainage from a wound, or worsening redness around a wound.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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