

After Your Surgery: Inspire Implant



What to Expect

- You will have pain and soreness around the incisions.
- You will have mild swelling around the incisions. **You have have more significant swelling at the neck incision due to inflammation of the submandibular gland.** This is temporary and usually resolves within 2-3 weeks.
- You may have mild oozing from around the incisions.
- Your tongue will likely be sore for a few days after surgery.

What to Do

- Ok to shower 24 hours after surgery. Can let warm, soapy water run over wound.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve. You can take these per instructions on the bottle.
- Ok to eat a regular diet.
- Perform neck rolls 10 clockwise and 10 counterclockwise 3 times per day.
- Avoid exercises that involve lifting your arms above your head for 2 weeks.

What Not to Do

- Do not submerge wounds in water for 1 week. Do not scrub wound while showering.
- No heavy lifting or intense exercise for 2 weeks.
- No flying or travel until 1 week after the procedure.

When to Call or See the Doctor

- Persistent fever over 101° F.
- Worsening, severe pain.
- Persistent drainage from the wound or worsening redness around the wound.

Follow Up

- Follow up 1 week after surgery to check wounds.
- Your Inspire implant will usually be activated approximately 1 month after surgery. This is a separate appointment with a sleep medicine doctor.