



Inspire Postoperative Instructions

Postoperative Instructions for Inspire® Hypoglossal Nerve Stimulator Implantation Procedure.

- The procedure is typically performed as an outpatient procedure lasting about 2 hours. In some circumstances, your physician may recommend an overnight hospital stay.
- Pain after surgery varies but is generally mild to moderate. Pain usually improves within 7–14 days and prescribed pain medication may be used as directed.
- Two incisions will be present: one on the upper neck and one just below the collarbone, usually on the right side. Steri-Strips® will be applied and should remain in place until your first postoperative visit unless otherwise instructed.
- Swelling at the incision sites is expected and usually improves over the first 2 weeks. Some swelling beneath the jaw may create the appearance of a 'double chin' temporarily.
- For the first week after surgery, avoid strenuous activity or heavy lifting.
- You may resume a normal diet after surgery.
- Please contact our office immediately for fever greater than 100.5°F, excessive swelling, bleeding from the incision, slurred speech, difficulty swallowing, or shortness of breath.
- Your first postoperative appointment should be approximately 1 week after surgery unless otherwise instructed.
- The Inspire device will NOT be activated immediately after surgery. It will be activated at a later follow-up visit, so you should not expect to feel stimulation right away.

Questions or concerns?

Please contact our office at **(404) 252-7368**.