



## INSPIRE

Inspire surgery is performed as a treatment option for obstructive sleep apnea. Inspire is a nerve stimulator that moves your tongue forward while you sleep, helping to open your airway. It is an outpatient surgery and requires an incision under your chin and on your chest. The operation itself usually takes 2-3 hours, and recovery time is typically shorter than with other types of sleep surgery. Side effects are usually minimal and may include:

- Pain and/or swelling at the incision site, which is usually mild and temporary
- Tongue weakness/soreness, which improves over time

Most patients are able to return to their normal activities after a few days. Approximately 1 month after implantation, patients will meet with their sleep physician to establish their personal stimulation settings and learn how to use the Inspire sleep remote.

### **You are a potential candidate for this surgery if**

- You are interested in surgery as an option for your sleep apnea.
- You have moderate to severe sleep apnea with a sleep study in the last several years.
- You have tried CPAP therapy, and it didn't work for you.
- Your body mass index is < 35.

You must undergo a sleep endoscopy. This is a short procedure performed in the operating room where drugs are used to put you to sleep while a camera is used to evaluate your airway while you are sleeping.

### **Post-Op Medication**

- Hold aspirin/blood thinners unless otherwise directed. Resume all other medications unless directed.
- Pain after the procedure varies, but for most patients, it is not severe. Pain will usually resolve within 7-14 days after the procedure, and pain medication will be provided.
- You have been prescribed narcotic pain medication. Do not drive or make critical/important decisions while taking narcotic pain medications.
  - Narcotic medications may cause constipation. Ensure you have adequate (>25 grams/day) of fiber in your diet, and drink at least 64 oz. of water daily. You may also wish to take an over-the-counter stool softener once or twice daily.
- If your pain is less severe, you may take Tylenol 500mg 1-2 tabs every 4-6 hours and/or Motrin 600mg every 4 to 6 hours.



## Driving

- Do not drive while taking prescription pain medication!
- Do not drive within 24 hours of receiving anesthesia.

## Wound Care

- Two incisions will be made: one at the upper neck and one just below the collar bone. All wounds will have Steri-Strips® placed over them, which can be left in place until you are seen for your first postoperative appointment.
- Swelling at incision sites is expected and will typically improve over the first 2 weeks. Most patients can expect some swelling under the jaw that will give the appearance of a “double chin.” This will improve over 2-4 weeks.

## Restrictions

- For the first week after surgery, please do not perform any strenuous activity or heavy lifting.
- It is important to know that the stimulator device will NOT be active in the immediate postoperative period. Therefore, no sensations of stimulation should be expected.
- Minimize your activities with only light activity for the first week following surgery. Listen to your body! If you feel tired over the first few days, you should rest.
- No straining or heavy lifting > 2 bags of groceries.

## Diet

- You may resume a normal diet after surgery.

Please contact our office at 478-743-8953 if you have any questions or concerns.