

Post-Operative Instructions after Hypoglossal Nerve Stimulator Implant Surgery

You will likely notice...

1. Mild swelling in the mouth and sore throat for 1-3 days
2. Mild-moderate discomfort along 2 surgical sites: right neck and chest

Diet

1. You can eat regular food.

Wound Care & Recovery

1. Avoid strenuous activity (any straining or anything that would elevate your blood pressure) for 2 weeks. Nevertheless, I encourage you to walk several times per day.
2. Limit range of motion of your right arm for 2 weeks so you are not excessively stretching the overlying skin.
3. Leave the dressings intact until your post-op follow up. You may shower and get the dressing wet. In case the outer dressing (clear dressing and gauze) comes off, the underlying incision is covered with special skin glue and is still waterproof.

Medications

1. Please take the medications as prescribed:
2. Call the Santa Clarita ENT and Facial Plastic Surgery office if you are missing any medications or need refills.

Other Instructions:

1. If you normally use a CPAP/biPAP machine, oxygen or an oral appliance every night, it is OK to continue using it after surgery unless the straps or device lay on your surgical sites.
2. Please call If you develop (1) fever (2) severe pain/swelling/redness at any of your surgical sites (3) difficulty swallowing (4) difficulty breathing

Follow up

1. Follow up in the ENT Surgery Clinic 5-14 days after surgery. If you do not have an appointment, then call the ENT Surgery Clinic to schedule an appointment with me.
2. The device will be activated roughly 1 month after surgery
3. You will repeat a sleep study with the device at 4 months from the surgery.
4. If you have questions or concerns, you can call the office at 661-259-2500.