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GROUP

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## **INSPIRE Post-Op Instructions**

### **What to expect:**

- Mild to moderate discomfort at the three incision sites.
- The lower chest incision is often the most sore.
- Mild sore throat for the first couple days.

### **What not to expect:**

- Intense pain at any of the three incision sites.
- Difficulty breathing or swallowing.

### **Wound Care:**

- Remove the clear dressing after 24 hours.
- You may shower after removing the dressing.

### **Diet:**

- Resume normal diet immediately after procedure.

### **Activity:**

- Avoid strenuous activity, heavy lifting, or aerobic exercise for 1 week after surgery.
- Limit right arm motion and avoid repetitive movements with the right arm for 4 weeks. ▪ You may return to work in 2-3 days with “light duty”.

### **Medications:**

- You will have an antibiotic, an anti-nausea medication, and a pain medication prescribed to your pharmacy on file.
- Mild/Moderate pain and swelling at incision sites are expected, and should begin to resolve 7-10 days post-op.
- You may resume your regular medications after surgery unless otherwise specified.

### **Other Instructions:**

- Please call our office at (972) 566-8300 if you develop severe pain, swelling or redness at any of your incision sites, or fever > 101°F.
- You may return to using CPAP, oral appliance or oxygen therapy during the post-op period unless the straps or devices rest on the surgical site.

### **Follow up:**

- Post-op check at 7-14 days.
- The device will be activated in the office at the one month post-op visit.
- You will likely repeat a sleep study approximately 3 months from your activation date – to be done by your sleep doctor.