



Inspire[®]

Post-Operative Instructions



DIET: Resume normal diet as tolerated.



HYGIENE: Please wait 72 hours after surgery before getting incisions on neck, chest and torso wet.

In the first 48 hours after surgery, you will likely need to take sponge baths.



WOUND CARE: Please leave pressure dressing on for 48 hours after surgery.

After 72 hours you may get incision wet with warm soapy water, but do not soak the incisions (hot tub, bath). Pat the areas dry gently (chest, neck).

If given antibiotics, take as prescribed.

If skin around the incision starts to get **RED(>1CM), SWOLLEN AND/OR MORE PAINFUL**, please call the office at 518-701-2000.



ACTIVITY: For the first 72 hours after surgery, please restrict right arm movements to slow, small motions as much as possible. Can wear a sling for 72 hours only.

For 2 weeks, avoid any activities that require arm/shoulder motions greater than 90 degrees (arm must stay below shoulder level).

DO NOT pick up anything greater than 5 lbs. with right hand/arm for 10 days. After 10 days, you may increase weight to 10 lbs.

Please do not use a sling.

NO strenuous activity (running, jogging, lifting weights, gardening, sports) for 2 weeks or until cleared by the physician.

Avoid any activity that requires extreme twisting of the neck.

You may walk for exercise starting the day after surgery.

Try to avoid sleeping on the right side, to the extent possible.



PAIN MEDICATION: You will be prescribed medication for pain. **NO** ibuprofen.

If the pain is not severe, consider taking Tylenol[®] 650mg every 6 hours.

Avoid aspirin for 7 days after surgery.

Avoid direct heat (such as heating pads) to incision sites.

May gently place ice over surgery sites as needed. Please place a thin, clean towel over the skin first and then place ice bag over towel. Ice for 10 minutes at a time.



SCAR CARE: After incisions have healed, you will have a scar, which will continue to evolve over the course of 12 months. Caring for your incision scars will help them to be as minimal as possible.

If you are out in the sun with incision exposure, please remember to place sunscreen over the incision and surrounding skin.

You may use vitamin "E" or "scar ointment/cream" to help soften the scar. Please wait one month after surgery before starting this.



POST-OP CLINIC APPOINTMENTS:

1 week: wound check in the office—PA.

1 month: activation and wound check in the office—Dr. Kuhar.

2 months: follow up with Dr. Kuhar in the office, and order will be device for titration sleep study at SHP we will schedule with you.

4 months: follow up with Dr. Kuhar for a final wound check.

Yearly: follow up with Dr. Kuhar for device check.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2085, if you have any questions or concerns. We are happy to assist you.