Inspire V Implant

Post-Operative / Discharge Instructions

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These instructions are a general guide after implantation of the Inspire V upper airway stimulation system. Always follow any specific instructions given to you by Dr. York or his team.

Things to expect

- Mild to moderate pain and swelling at the incision sites (typically under the chin/neck and on the upper chest) is normal for the first several days and may last 2–6 weeks.
- A mild sore throat is common for a few days from the breathing tube used during anesthesia.
- Some temporary slurred speech, tongue weakness, or odd tongue sensation can occur and usually improves as swelling settles.
- Bruising around the neck or chest can appear and then fade over 1–2 weeks.
- The Inspire system will **not** be turned on at the time of surgery. You should not feel stimulation until your activation visit (usually about 4 weeks after implant, once healing allows).

What to do

1. Take pain medicine as prescribed. If it is too strong or causes nausea, plain acetaminophen (Tylenol) is usually acceptable unless you were told otherwise. Avoid NSAIDs (ibuprofen/naproxen/aspirin) unless Dr. York specifically cleared them.
2. Keep incisions clean and dry the day of surgery. You may shower after 24 hours unless told otherwise; gently pat the wounds dry. Do not soak in a bathtub, pool, or hot tub until cleared (usually until incisions are fully healed).
3. If surgical glue or steri-strips were used, leave them in place; they typically fall off on their own. Do not scrub or pick at the wounds.
4. For the first 2 weeks: no heavy lifting (more than about 10–15 pounds), no strenuous exercise, and no activities that jar or strain the neck/shoulder/chest.
5. For several weeks: avoid sudden large arm movements on the implant side, repetitive overhead reaching, and forceful bending/twisting that could pull on the leads while they heal in place.
6. You may return to a normal diet as tolerated. Stay well hydrated.
7. If you used CPAP, an oral appliance, or nighttime oxygen before surgery, continue them after surgery unless the mask/straps rest on an incision — in that case, ask the clinic how to adjust.
8. Walk regularly starting the day after surgery to lower the risk of blood clots and help recovery. Avoid bedrest beyond normal sleep.
9. Call Dr. York's clinic to confirm your post-operative visit (typically 7–14 days after surgery) and your later activation appointment (about 1 month after surgery).
10. Bring your patient ID card and remote information to follow-up visits. Once activated, you will be taught how to use the remote; therapy is usually started at a low level and adjusted over time, with a titration sleep study often scheduled weeks after activation.

When to call your doctor — (210) 249-4838

- Heavy bleeding from an incision, or sudden significant swelling of the neck or chest wound
- Increasing redness, warmth, drainage/pus, or severe pain at an incision site

- Fever greater than 101.5°F
- Difficulty breathing, noisy breathing, or inability to swallow liquids
- New numbness, weakness, or concerning change in tongue movement that worsens instead of improves
- Any concern that something does not feel right — we would rather you call

If you have a life-threatening emergency (severe trouble breathing, uncontrolled bleeding, or signs of stroke), call 911 or go to the nearest emergency department and tell them you have an implanted upper airway stimulator.