



## **Inspire Hypoglossal Nerve Stimulator for Obstructive Sleep Apnea**

Inspire therapy is an innovative treatment for obstructive sleep apnea (OSA), designed for patients who struggle with CPAP therapy. It involves the implantation of a small device under the skin in the upper chest. This device delivers mild stimulation to the hypoglossal nerve, which controls the movements of the tongue and other airway muscles, thereby preventing airway obstruction during sleep.

The Inspire procedure is minimally invasive and performed under general anesthesia as the device gets implanted through a right-sided neck chest incision. It takes approximately 2 hours to complete. Patients go home the same day after the procedure. The device is not activated until 4-6 weeks after the procedure.

### **Pre-Operative Instructions**

- **Fasting:**
  - Avoid eating or drinking after midnight the night before surgery.
- **Medications:**
  - You will need to stop taking blood thinners, weight loss medications and some diabetes medications, consult with your doctor. See attached for general recommendations.
  - Take all other prescribed medications with a small sip of water as instructed.
- **Health Status:**
  - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
  - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
  - Arrive at the surgical facility as instructed.
  - Wear comfortable clothing and remove jewelry and contact lenses.
  - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

### **Post-Operative Instructions**

- **Medications:**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)  
[www.viewmontsurgerycenter.com](http://www.viewmontsurgerycenter.com)

Catawba Valley Medical Center -- 810 Fairgrove Church Rd, Hickory, NC [\(828\) 326-3000](tel:8283263000)  
[www.catawbavalleyhealth.org](http://www.catawbavalleyhealth.org)

Frye Regional Medical Center-- 420 N Center St, Hickory, NC 28601 [\(828\) 315-5000](tel:8283155000)  
[www.fryemedctr.com](http://www.fryemedctr.com)

- Take all the prescribed antibiotics after the procedure and pain medication if needed.
- Resume all other home medications unless otherwise instructed.
- Many patients can control their pain by alternating acetaminophen (Tylenol) and ibuprofen (Motrin) every 3 hours. *Example: Tylenol 500mg at 8am, Motrin 600mg at 11am, Tylenol 500mg at 2pm, Motrin 600mg at 5pm...*
- **Activity:**
  - Rest for the first 24 hours after surgery.
  - Gradually resume normal activities as tolerated.
  - Avoid strenuous activities and heavy lifting for at least 4 weeks.
- **Diet:**
  - Resume a normal diet as soon as you feel able but start with soft foods to avoid discomfort while swallowing.
- **Wound Care:**
  - Keep the surgical sites clean and dry. Remove the surgical dressings 24 hours after the surgery.
  - You will do neck rolls 3 times a day. 10 rotations clockwise and 10 rotations counterclockwise.
  - You may shower after 24 hours but do not submerge your incisions under water for 3 weeks.
  - Report any signs of infection (redness, swelling, or discharge) to your doctor. It is normal, however, to have a moderate amount of bruising at the incision sites.
- **Follow-Up:**
  - Follow up with your surgeon as scheduled.
  - Your device will not be activated until 4 -6 weeks after the procedure at the sleep medicine physician's office. Bring the remote with you to that appointment and download the Sleep Sync app ahead of time.
- **Emergency Situations:**
- If you experience severe symptoms such as difficulty breathing, or significant swelling or bleeding from the incision, call the office or seek immediate medical attention.

**Learn More about life with INSPIRE:**

