

HYPOGLOSSAL NERVE STIMULATION POST-OP INSTRUCTIONS:

- Diet: You may resume a regular diet after surgery.
- Activity:
 - Light to moderate activity is recommended.
 - No heavy lifting (more than 10 pounds) or straining for 1 week after surgery.
 - Avoid contact physical activity for 4 weeks after surgery.
 - Starting the night of surgery, perform 10 slow neck rolls in both directions three times per day.
- Wounds:
 - The bandages on your neck and chest may be removed 48 hours after surgery.
 - You may shower at that point and let soapy water run over the incisions.
 - Do not submerge the incisions in a bathtub or swimming pool for 7 days after surgery.
 - All stitches are absorbable.
 - The steri-strips over the incision can get wet when bathing and can be removed as they start to peel off over the course of the first week.
- Pain:
 - Use Tylenol (acetaminophen) for baseline pain control.
 - Use the prescribed narcotic pain medication for pain that is not controlled with Tylenol.
 - Consider an over-the-counter stool softener to prevent narcotic-related constipation.
- Nausea/Vomiting:
 - Some patients experience nausea/vomiting. Typically, this improves within 48 hours of surgery.
 - Please call to speak with our nurse if you need help managing nausea or vomiting.
- Fever:
 - A low-grade fever is common after surgery.
 - Please contact our office if the temperature is 102°F or higher.