



ENT

Associates

Making sense of your family's
hearing, sinus and throat problems



Inspire Therapy—Postoperative Instructions

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

Pre-Discharge

- ◆ Same-day discharge or overnight observation.
- ◆ Immobilize ipsilateral arm in a standard arm sling for 24 hours.

Diet

- ◆ You may immediately resume normal diet.

Activity

- ◆ Avoid activities that require arm / shoulder motion (2 weeks).
 - No shoulder abduction greater than 90 degrees.
- ◆ Avoid strenuous activities (4 weeks).
 - Golfing, weightlifting, running, jogging, skiing, etc.
- ◆ Perform neck rolls 10 clockwise and 10 counterclockwise 3x / day.

Pain / Medications

- ◆ Mild/moderate pain and swelling at incision sites are expected and should begin to resolve 7-10 days post-surgery in most cases.

Incision Check

- ◆ To be scheduled as needed per physician.

(continued on back)

Emergencies

During office hours, please call **727-791-1368, Option 3**, to speak to a Medical Assistant if you experience persistent bleeding, high fever (>101°F), intolerable pain unrelieved by medication, or refusal to take liquids. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

Clearwater

1330 South Fort Harrison
Clearwater, FL 33756

Facial Aesthetics Center

1320 South Fort Harrison
Clearwater, FL 33756

Spring Hill

120 Medical Blvd, Suite 105
Spring Hill, FL 34609

Tampa

10810 Sheldon Road
Tampa, FL 33626

Countryside

3190 McMullen Booth Road
Clearwater, FL 33761

Largo

8787 Bryan Dairy Road, Suite 170
Largo, FL 33777

St. Petersburg (4th)

6540 4th Street North, Suite C
St. Petersburg, FL 33702

Trinity

11304 State Road 54
Trinity, FL 34655

Dunedin

646 Virginia Street, 3rd Floor
Dunedin, FL 34698

Port Richey

11031 US 19, Suite 104
Port Richey, FL 34668

St. Petersburg (MLK)

501 Dr. MLK Jr. Street South
St. Petersburg, FL 33705