



# ENT

# Associates

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



## Inspire Therapy—Postoperative Instructions

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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.

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### 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

11320 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