



South Tulsa Ear, Nose & Throat Center

Genioglossus Advancement Post-Operative Instructions

1. **Diet:** You should begin on a liquid diet and slowly progress to soft foods and then a normal diet as you can tolerate it. It is recommended that you avoid high carbohydrate beverages, etc. We do not recommend ice cream or mild products, as they sometimes make swallowing more difficult.
2. **Restricted Activities:** Do not bend over or lift heavy objects for two weeks after surgery. These activities can raise pressure in the blood vessels of the head and neck. For the first two weeks after surgery do not exert or overheat yourself with exercise, yard work or other physical activity.
3. **Pain:** If needed, the surgeon will prescribe a liquid pain medication that will help to take the edge off the pain. You may have numbness of the chin, lower teeth and lower gum. You should gradually regain feeling in these areas; however it is possible for parts of the chin to remain numb longer after the surgery. You may use Tylenol after surgery for minor pain relief.
4. **Sutures and Incisions:** Any sutures used in the throat and mouth are dissolvable. They should dissolve within one month of surgery. We recommend you brush your teeth gently and then gargle with a mixture of $\frac{1}{2}$ hydrogen peroxide and $\frac{1}{2}$ water four to six times per day and after meals.
5. **Bleeding:** In the first couple of days following surgery, it is not unusual for you to cough up some dark blood or blood clots. You may also blow your nose and find dark blood or small clots. This dark blood is old blood from the surgery and is not a cause for concern. If you should experience bright red blood, our office should be notified at **459-8824**.
6. **Swelling:** It is normal to feel some swelling in the back of the throat, which makes it difficult and painful to swallow. It is also normal to feel swelling below the tongue in the floor of the mouth. This may also have a red coloration to it. If this swelling should

become significant and feel as though it is blocking the airway, please call our office at **459-8824**.

7. **Fever:** It is common for you to run a fever below 100 degrees. If you experience a fever above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call our office at **459-8824**.
8. **Time off School/Work:** Because of the discomfort and stress of surgery, you will need to take time off from school or work. Generally, a week off of work/school is adequate and one can resume normal activities after a week. If the genioglossus advancement procedure is in addition to the uvulopalatopharyngoplasty on the back of the throat, the time for recovery will approach two weeks.
9. **Sleeping:** You should sleep in whatever position is most comfortable and it is recommended that a humidifier be used to keep the throat moist. Bi-PAP or CPAP should be used immediately following surgery if you were using one of these prior to surgery. It is best to continue for up to two months following surgery and after that you can generally begin to wean yourself from the Bi-PAP or CPAP.
10. **Post-Operative Recheck:** We will need to see you in our office about one week after the surgery to make sure that everything is healing properly and to remove any external sutures.

If you have any questions, please call our office at 459-8824.