

POST-TREATMENT INSTRUCTIONS

SOMNOPLASTY: Base of Tongue

- You may experience a sore tongue and throat for a few days.
- Once the local anesthesia has worn off, sucking ice chips, or a popsicle can assist in keeping the pain and swelling down. Dairy products, such as ice cream, are not recommended because they may increase mucus production. Consume only liquids (not hot) until the anesthesia wears off.
- Take pain medication as prescribed for pain if necessary or Extra Strength Tylenol can be used. You should avoid medications such as aspirin, Advil and other ibuprofen drugs and Vitamin E postoperatively. This can cause thinning of the blood and other bleeding episodes.
- You may experience a full feeling in the back of your throat and tongue.
- There will be some swelling or edema the first week after the procedure. Typical swelling is not excessive. If you experience significant swelling, please notify our office.
- You should sleep at a 45° angle the first night, either with several pillows or in a recliner chair.
- We recommend using a humidifier in the bedroom for two weeks postoperatively. This will prevent the throat and tongue from drying out excessively. This can be a problem at night especially. Keeping a glass of water at the bed stand is also helpful.
- You may experience a change in your voice for a few days after the procedure.
- Snoring is usually worse during the first week.
- During the first week snoring may become high-pitched. You may begin to notice brief periods when snoring is noticeably quieter.
- Snoring will usually begin to diminish between weeks 4 to 8. There may be periods when snoring returns briefly. If you do not notice significant improvement by 6-10 weeks, Somnoplasty can be repeated until your snoring is controlled.