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## **Post Operative Instructions for the Somnoplasty® Treatment**

1. Don't attempt to eat or drink anything until the numbness wears off (a couple hours after the procedure).
2. Take Tylenol Elixir, Extra-Strength Tylenol, or prescribed pain pills every four hours or as needed.
3. Swelling will be present for the first 24-48 hours after the procedure. You may be given a prescription for steroids to minimize the swelling.
4. Sucking on ice chips or popsicles can help reduce the pain and swelling.
5. Maintain a soft, bland diet for the first few days after the procedure or until swallowing is normal again. Drink plenty of fluids but avoid alcohol and acidic or citrus juices.
6. You may brush your teeth normally and use diluted mouth wash as needed.
7. Plan on light activity the day of the procedure. There are no restrictions beyond that time.
8. Sleep at a 45 degree angle the first night, either with several pillows or a recliner chair.
9. Difficulty in swallowing or a changed voice may exist in the early postoperative period.
10. If you experience any pain or bleeding, call (day or night) 510.465.0941.
11. Nasal congestion and an increase in snoring for the first couple days after the procedure are normal. Snoring will diminish after 4-8 weeks, yet there may be periods when snoring returns briefly. If you do not notice improvements by six weeks, Somnoplasty® can be repeated until your snoring is under control.