



# Inspire Therapy for Sleep Apnea at **San Diego ENT**

## IMPORTANT PATIENT INFORMATION

### 1. Assessment for surgery:

- Moderate to severe obstructive sleep apnea (AHI 15+)
- Sleep study performed within two years reflecting obstructive sleep apnea diagnosis
- Body mass index < 32 for commercial insurance or < 35 for Medicare
- Drug-induced sleep endoscopy
  - Performed in the operating room under anesthesia to assess the anatomy of the airway during sleep

*\*Once these criteria have been met, we will obtain insurance authorization for your surgery.*

### 2. Inspire implantation surgery:

- Outpatient surgery under general anesthesia, one to two hours.
- There are two incisions—one below the right jawline and one over the right side of the chest.
- The surgeon implants an electrode wire in the neck and places it on the hypoglossal nerve (the nerve that controls your tongue). They then tunnel a wire from the neck to the chest incision. The surgeon places an implantable pulse generator (IPG/battery) in the chest incision with a second electrode wire that senses your breathing.
- After the surgery, you need to rest for one week with no heavy lifting or strenuous activity. You may start light activity after one week and more strenuous activity after two weeks. Avoid very strenuous or rotational activities for four weeks, including golfing and surfing.
- You will be seen for a post-op visit to remove your sutures one week after your surgery.

### 3. Activation and use of your implant:

- A sleep medicine provider will activate your implant four to six weeks after your surgery, barring any issues with healing after the surgery. Remember to schedule this activation appointment with your sleep medicine provider for this time frame.
- When your implant is activated, you will begin at a low level where minimal tongue movement is seen. You will then increase your setting by one level each week. You will continue this process for about three to six months.
- After using the implant for about three to six months, you will have an in-lab sleep study where the efficacy of your incoming setting will be checked and potentially increased or decreased to find your therapeutic level.
- After the in-lab study, you will follow up with your sleep medicine provider to review the results and make any necessary changes.

### 4. Future maintenance and care of implant:

- You will have one follow-up appointment every six months. If you require additional office visits, you can schedule these with your sleep medicine provider.
- You will have follow-up home sleep studies annually to confirm the efficacy of the implant.
- The battery unit will need to be replaced every 10 years.
- When you initially receive your Inspire remote, you will receive instructions for flying with an Inspire implant and an ID card to show TSA.
- Please note that the implant is MRI-compatible. You will need to inform the imaging center performing the MRI that you have this implant so they can obtain the necessary MRI settings information before your MRI. Always bring your Inspire remote with you when having an MRI.