



****PLEASE BRING THIS PACKET WITH YOU ON THE DAY OF SURGERY****

Pre and Post Operation Instructions for the Inspire Implant

The inspire implant is a small device placed during a same day outpatient procedure. This device works by delivering mild stimulation to your airway muscles, allowing your airway to stay open during sleep.

INSURANCE COVERAGE:

Please note that the process to obtain coverage for the inspire implant is a lengthy one, but as a courtesy to our patient's inspire sleep obtains a guarantee of coverage from your insurance for all patients who are good candidates for this procedure.

In order to obtain this guarantee of coverage with your insurance you must first go through an airway exam also known as a **Drug Induced Sleep Endoscopy**.

The Airway exam also known as a Drug Induced Sleep Endoscopy will be done at the hospital, it is a same day out patient procedure and it will have no downtime associated with it. In this exam you will be given some anesthesia at the hospital to simulate sleep. Dr. Gale will then take a camera to look at your airway while you sleep to confirm that you are a good candidate for this procedure. Once we have confirmed that you are a good candidate for inspire, we will submit the findings of this exam to your insurance.

Once everything has been submitted to your insurance, we will receive a guarantee of coverage anywhere from 4 weeks to 6 months from when it was requested. This time varies depending on your insurance.

We will be in contact with you by telephone once we receive a guarantee of coverage to schedule the inspire implant procedure with you.

BILLING:

Please be aware that all surgical procedures consist of 3 separate bills from - the hospital, surgeon, and anesthesiologist. These are all billed through insurance. If you would like an estimate regarding your out of pocket cost after insurance coverage, we are happy to help you obtain these.

A representative from our office will contact you prior to surgery to let you know your out of pocket cost after insurance coverage for the procedure. They will be collecting this amount from you prior to surgery. If you have any questions for our billing department please contact our billing department manager Tiana at 801-533-0589 Extension 1571

BEFORE THE AIRWAY EXAM:

- The implant procedure is not performed the same day as this evaluation. This exam is required prior to getting the implant approved through your insurance.
- Minimize aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before and one week after your airway exam. Tylenol is permitted at any time.
- If you take Coumadin, aspirin, fish oil, herbal supplements, or other blood thinners, please discuss this with your surgeon.
- Please do not eat or drink anything after midnight the night before your airway exam, but you may take prescription medicines the morning of surgery with a sip of water. You should discuss these medications with the preoperative nurse from the hospital prior to surgery.
- The hospital or surgical center will call you the day before with time and instructions for airway exam.

- Please make arrangements for a ride to and from the hospital, you will not be able to drive after because of the anesthesia used.
- **There is no downtime associated with this and you will be able to return to work the next day.**

BEFORE THE INSPIRE IMPLANT SURGERY:

- Minimize aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before surgery. Tylenol is permitted at any time.
- If you take Coumadin, aspirin, fish oil, herbal supplements, or other blood thinners, please discuss this with your surgeon.
- Please do not eat or drink anything after midnight the night before surgery, but you may take any prescription medicines the morning of surgery with a sip of water. You should discuss these medications with the preoperative nurse from the hospital prior to surgery.
- The hospital or surgical center will call you the day before with time and instructions for surgery.
- Please make arrangements for a ride home after surgery, as you will not be able to drive, and someone to stay with you that night.
- No smoking for three weeks before and three weeks after surgery, as smoking worsens the results of surgery, and dramatically worsens the risks of infections and complications.

AFTER SURGERY:

- You will have minimal discomfort after this procedure that usually can be maintained with Tylenol and ibuprofen. If you are in more pain than you can manage with Tylenol and ibuprofen please contact our office.
- You may have dressings on the incisions under your chin, on your chest and on your stomach, we will remove and clean these for you one week after your procedure.
- You will not be able to use the inspire device until one month after your procedure, this allows time for your body to heal to make sure the inspire device will work correctly. We will schedule an appointment with you one month after to activate the inspire implant and show you how to use it.

Please Call our office anytime with Questions or concerns, we are always happy to help!

Derrick Gale MD

Assistants:

Maty Fish - Medical Assistant

Phone: 801-328-2522 Extension 1409

Fax: 801-533-0589