

Genio Post-Op Instructions

Hypoglossal Nerve Stimulator — Your complete guide to recovery and device activation

The Procedure

The procedure to implant Genio is typically an outpatient procedure lasting about 3 hours. Your surgeon will test the Genio device during surgery before you wake up to ensure the device is functioning as expected.

A single incision is made under your chin, approximately 5–6 cm long.

Pain Expectations

Pain after the procedure varies but for most patients is not severe. Pain will usually resolve within 7–14 days. You will be given a small amount of narcotic pain medication, but you can supplement with Tylenol and Ibuprofen assuming there is no other medical reason you cannot take these medications.

You may have pain:

- In your throat and nose from having the breathing tube in place
- In your neck, jaw, ear, or tongue from the surgery
- The back of your head or neck due to positioning during surgery
- Mild difficulty eating/swallowing for the first 2–3 weeks (no diet restrictions necessary)

Wound Care

The wound will have Steri-Strips placed over it which can be left in place until you are seen for your first postoperative appointment. If these fall off prior to your post-operative visit, it is OK.

A pressure dressing will be placed over the incision and should be left in place for 48 hours after the procedure, after which it may be removed (leaving the Steri-Strips in place). You may shower after the pressure dressing is removed.

Swelling and minor bruising at the incision site is expected and will typically improve over the first 4 weeks. Most patients can expect swelling under the jaw that will give the appearance of a “double chin.” This will improve over approximately 4 weeks. The area under the chin can remain firm for some time and is due to swelling in the salivary glands that have to be moved during the surgery.

Icing Instructions

Neck incision: We strongly encourage you to ice your neck during the first 72 hours post surgery.

- Place a towel or washcloth over the surgical site to act as a barrier between your skin and the ice pack.
- Apply the ice or gel pack for 20 minutes at a time.

- You may repeat this about 4 times per day.
- Please allow a minimum period of 30 minutes to elapse between icing sessions.

DIY Gel Pack

A gel pack can be made by placing liquid dish soap in a freezer Ziploc bag. Fill the bag to about 1/2 to 2/3 full. Place the bag flat on a freezer shelf to allow it to harden. It will form a gel that will conform to your body. The gel pack can be refrozen after you use it.

Genio App

Download the Genio 2.1 Smartphone App, which will allow you to adjust the settings on your device.

Activity Restrictions

- **First 2 weeks:** No strenuous activity or heavy lifting (more than 15 lbs).
- **Work:** Expect to take two weeks off. Some patients begin light duty within a few days, but plan for two weeks as everyone reacts differently.
- You may resume a normal diet after surgery.
- If applicable, refrain from shaving over the incision site for 2 weeks.

Warning Signs — Call the Office If You Experience:

Fever of 100.4° or higher, excessive swelling at any incision site, bleeding from incisions, slurred speech, difficulty swallowing, or shortness of breath.

Recovery Timeline

Important

The stimulator device will NOT be active in the immediate postoperative period. No sensations of stimulation should be expected until your activation visit. If you have been using CPAP, stop four weeks prior to your activation visit.

Week 1–2 — Post-Op Visit

Your wound will be evaluated and you will discuss the plan for your activation visit. The device will remain inactive.

Week 8 — Activation Visit

A programmer will check the device and turn it on. You should expect to feel your tongue move but should NOT feel discomfort or pain. You'll be trained on using your device, charging your activation chip, applying disposable patches, and using the Genio Smartphone App. After activation, use the device every time you go to sleep (including naps). Therapy starts at a low level — gradually increase through the Genio app if needed.

Month 3–4 — Device Check

Your surgeon will confirm good tongue motion and make any needed programming adjustments including advanced programming. Your sleep study date will be confirmed.

Month 4–6 — Sleep Study

An in-lab or at-home sleep study will check the efficacy of the Genio device. A follow-up visit will review the results and make any necessary adjustments.

Technical Support

If you have any technical problems with your Genio device, call Genio anytime: **844-2-GET-REST**. For all other questions, please contact your implanting surgeon's office.

Additional Information

Your patient manual contains additional details on device usage, precautions, and considerations. For the latest version, visit www.geniosleep.com.

You will receive your medical device identification card at surgery — carry it with you at all times.

TSA & Security Checkpoints

You can proceed through metal detectors and scanners at any security checkpoint. Inform security personnel of your device and be prepared to show your medical device identification card.

MRI & Diagnostic Imaging

Your Genio device can be used with routine diagnostic imaging. Always inform the technician about your device. For MRI: Your Genio System 2.1 is MR Conditional and eligible for MRI scanning under certain conditions. Inform a healthcare professional prior to undergoing an MR scan. Visit geniosleep.com/en/mri for MR scan instructions and limitations. Bring your medical device identification card to every appointment.

Dental Procedures

Inform your dentist or hygienist about your implanted device. Avoid surgical procedures involving the floor of the mouth or lower jaw as this could displace your implant. Antibiotics should be administered prior to any dental procedure that involves more than routine cleaning.

Surgical Procedures

For any routine scheduled surgical procedures, inform the surgeon of your device and ask your sleep provider or implanting surgeon about any special precautions needed.

These instructions are intended as a general guide. Always follow the specific instructions provided by your surgeon. If you have questions or concerns at any time, please contact your implanting surgeon's office.
www.SleepApneaImplant.org