



SOUTHERN UTAH
Ear, Nose and Throat

COBLATION / SOMNUS

What to expect:

1. There may be swelling the first 24 to 48 hours, lasting up to one week after the procedure.
2. Typically, swelling is not excessive. Contact the office or the on-call physician for significant swelling.
3. CPAP is recommended for patients with severe sleep apnea. If not already incorporated into your treatment regimen, CPAP should be used until the edema resolves.
4. Difficulty swallowing and/or voice changes in the early post-operative period may be experienced.
5. You may experience sleep-disordered breathing from obstruction secondary to the swelling at the surgical site. This is usually worse during the first week and will gradually diminish.
6. Sleep at a 45-degree angle the first night, either with several pillows or in a recliner.
7. If Somnus was used to treat the nasal turbinates, then over-the-counter Afrin nasal spray is indicated for five nights. Blowing the nose may be done with gentle pressure.

Diet:

1. Eat soft, non-spicy foods for the first few days following the treatment or until swallowing is normal.

Pain control:

1. Eat ice chips or a Popsicle to help relieve pain or swelling.
2. Use an ice pack on your neck in intervals of 20 minutes on, then 20 minutes off (this is for patients who had Somnus treatment on the base of the tongue).
3. Use over-the-counter lozenges as needed.
4. Pain in the treatment area or surrounding area can be controlled by either synthetic narcotic pain medication or over-the-counter analgesics such as Tylenol or Ibuprofen (Advil). These are usually needed for three to five days, although each patient may experience varying degrees of pain.