



SOUTHERN UTAH
Ear, Nose and Throat

GENIOGLOSSUS ADVANCEMENT/THYROID MYOTOMY AND SUSPENSION

What to expect:

1. The typical period of postoperative throat pain is about 10 to 14 days.
2. Difficulty swallowing is often experienced as a “full” feeling in the lower throat.
3. In general, the first few days are the most uncomfortable, and then there is gradual improvement.
4. Some hoarseness should be expected for several days. This is generally due to the breathing tube that was placed in the airway during the anesthetic procedure as well as swelling of the tongue/floor of mouth tissues.
5. There may be a drain in the wound for several days. This may produce a discharge for several days. The drain is usually removed on the first or second postoperative day.
6. After the drain is removed, generally patients return for follow-up care approximately 10 days after surgery, if possible.

Diet:

1. For the first day, fluids and thick liquids are best. Solid foods should be avoided.
2. Typically, beginning on the second or third day, it is best to eat soft foods that do not require a lot of chewing and are easy to swallow. These would include mashed potatoes, scrambled eggs, milkshakes, oatmeal, etc. Ensure is a dietary supplement (available at most grocery stores) that provides all the nutritional “building blocks” to repair your tissues. Three cans a day should be sufficient. You can advance to a regular diet over the first week as you desire.
3. Try not to disturb the tape over the wound. Your doctor will change it after about 10 days.

Activity:

1. After discharge from the hospital, you should remain at home for the first week. You should use your CPAP with a face mask or nasal mask, though the nasal mask is best. Lifting anything over 20 lbs. should be avoided. Sleeping on three pillows to elevate the head above the heart is encouraged. No sports should be undertaken for at least two weeks, and only mild physical activity at that. No contact sports should be participated in for a month or more. Try not to stretch the neck, putting increased tension on the wound, for two to three weeks.
2. Try not to get the wound wet for the first week. Bathing is better than showering. Don't soak the wound; it is permissible to get it wet for short periods of time after the eighth day.
3. Try not to disturb the tape over the wound. Your doctor will change it after about 10 days.

Pain Control:

1. A prescription pain medication will be given for the first week. Generally, a refill will be included for the second week, if needed

Things to observe:

1. Genioglossus advancement/hyoid myotomy includes the risk of swelling of the floor of the mouth and tongue. If you develop significant, increasing hoarseness or difficulty breathing, please contact the office or the physician on-call. If urgent, proceed to the Emergency Department at the hospital.
2. Fever usually occurs in the first day or two but should be below 100.5°F. If your fever is higher than this, call the office or the on-call physician.
3. Swelling of the neck is often experienced, though to a mild degree. If neck swelling is progressive, increasingly tender, and especially if increasing redness around the wound is seen, call the office or the on-call physician.