

**APPALACHIAN REGIONAL HEAD & NECK CENTER**

**200 MEDICAL CENTER DRIVE**

**HAZARD, KY 41701**

**OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON**

**POST TONGUE BASE TREATMENT**

- 1.. You must use a CPAP machine when sleeping after treatment until swelling is gone
2. It is recommended that you suck on ice chips or popsicles and place an ice pack (wrapped in a washcloth) on your neck after treatment to assist in relieving pain and swelling. Place the ice pack on your neck for 20 minute intervals (20 minutes on and 20 minutes off) for a couple of hours.
3. Most patients that experience varying degrees of pain in the treatment areas or surrounding the area find that it is controlled by either a synthetic narcotic analgesic or over the counter analgesic such as Tylenol or Advil.
4. Please note that sleep disordered breathing is usually worse during the first week
5. Sleep in a recliner or use a couple of pillows for the first couple of days to minimize swelling
6. Telephone numbers are given below (for working hours and after hours) if you have any questions or problems.

**IF FOR ANY REASON YOU CANNOT CONTACT ANYONE AT THE NUMBERS BELOW, FEEL FREE TO GO TO THE EMERGENCY ROOM.**

**OFFICE HOURS:**

**Monday through Thursday: 8:00 a.m. – 4:00 p.m.**

**Friday: 8:30 – Noon**

**606-439-4466**

**If you need assistance after these hours, you may contact:**

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