

You have had a surgical procedure using general anesthesia and/or sedation. Because you have a **known** condition called obstructive sleep apnea (OSA) where the neck and jaw muscles relax when you sleep resulting in the potential for tissue in your airway to obstruct air flow, you must do the following to prevent apnea episodes during your recovery. These instructions are specific to your sleep apnea:

- Use your CPAP machine while at rest for 24 hours post operatively, and every normal sleep cycle thereafter using settings prescribed by your physician. Always use your CPAP machine when at rest after taking pain medication. It is not necessary *when you are moving about*.
- You must have a responsible adult companion for 24 hours to assure use of your CPAP and to monitor pressure requirements while you sleep.
- If you have a dental device to assist with your OSA while at rest, utilize it at all times for the first 24 hours.
- When using pain medications/narcotics or sedatives of any kind utilize your CPAP machine while at rest. If your surgeon orders these medications be sure to inform him/her of your history of obstructive sleep apnea prior to taking them.
- Be sure that your CPAP equipment is maintained according to manufacturer's guideline and that pressure and alarm settings are as prescribed by the ordering physician.
- Sleep on your side or sitting up in chair whenever possible.
- If you are unable to use your CPAP because of nausea or vomiting – please notify your surgeon.
- Avoid use of alcohol.
- Report any problems to your physician immediately or seek assistance at the nearest emergency room.

Effective: 11/19/04, Revised 3/2005