TMJ & Sleep Therapy Centre of Utah

AFTER YOUR SOLEA SLEEP TREATMENT

Simple guidance for a comfortable recovery and the weeks ahead

NORMAL ACTIVITY	THROAT SORENESS	RESULTS
Right away	Usually mild and short-lived	May continue to develop over weeks

FOR THE REST OF TODAY

- **Wait until the numbness is gone.** Do not eat or drink until any topical anesthetic or numbness has completely worn off.
- **You may return to your normal routine.** Work, driving, talking, and usual daily activities generally do not need to be restricted.
- **A mild sore or scratchy throat can occur.** This is usually temporary and often settles within about 24-48 hours.

COMFORT TIPS

- **Choose what feels comfortable.** Cool or lukewarm fluids and softer foods may feel better if your palate or throat is sensitive.
- **Avoid irritation if you are sore.** For the first day, consider avoiding very hot, spicy, or acidic foods and alcohol-containing mouth rinses.
- **Pain medicine is usually not necessary.** If needed, acetaminophen or ibuprofen may be used according to label directions, if these medications are safe for you.

IMPORTANT TO REMEMBER

- **Continue prescribed sleep-apnea therapy.** Keep using your CPAP and/or oral appliance as directed. Solea Sleep is used to reduce snoring and does not replace prescribed treatment for obstructive sleep apnea.
- **Do not judge the final result the first night.** Changes may continue as the treated tissue remodels over the following weeks. Your clinician may recommend reassessment in approximately 3-4 weeks.

PLEASE CALL OUR OFFICE

- **Contact us if you develop** pain that is increasing rather than improving, significant swelling, bleeding, blistering or ulceration, fever, or persistent difficulty swallowing.

If you have difficulty breathing or another medical emergency, call 911 or seek emergency care immediately.

Questions? 385-446-4947 | tmjsleeputah.com

Breathe • Sleep • Heal • Live

These instructions provide general guidance. Follow any individualized instructions given by your clinician.