

G. Paul Doxey, MD

Trusted, experienced personal ENT care

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G. PAUL DOXEY, MD

Board-Certified: American
Board of Otolaryngology

Residency: Otolaryngology–
Head & Neck Surgery, University
of Utah Medical Center,
Salt Lake City

MD: University of Utah College
of Medicine, Salt Lake City

TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample free parking

Instructions for Post-treatment 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 Dr. Doxey 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 postoperative 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, nonspicy 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 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.