

POST-OPERATIVE INSTRUCTIONS:

Uvulopalatopharyngoplasty

These are general guidelines only. Your case may be different. If your physician has given you specific instructions, please follow them.

DEFINITION:

Uvulopalatopharyngoplasty (UPPP) is the removal of tissue from the top of the back of the mouth and the back of the throat, which helps patient breathe better. The doctor may use the laser to this procedure (LAVP-Laser Assisted Uvulopalatopharyngoplasty).

ROUTINE INSTRUCTIONS:

Activity:

- In-house activities for the first week.
- Return to school/work as directed by the surgeon.

Diet:

- Fluids should be encouraged. Avoid, however, fluids that are very hot or very cold. Citrus drinks often cause the throat to sting or burn.
- Diet as per surgeon's orders. Recently a normal diet has been encouraged as soon as possible after discharge from the hospital. Very hot and spicy foods should be avoided for several days as they could cause bleeding.

Medication:

- Take your normal medications unless told to do otherwise by your physician.
- If you have been given a prescription for pain medication, take as directed if needed. If you were not given a prescription, you may take Tylenol® for relief of discomfort. **NO ASPIRIN/ASPIRIN CONTAINING PRODUCTS.**

WHAT TO EXPECT:

- Most patients complain of ear pain in the first week following a U.P.P.P., this is normal. A warm compress may be applied.
- A sore throat is common after UPPP. Frequent swallowing lessens muscle spasms that develop after surgery. Therefore, frequent swallowing should be encouraged. Gum chewing is often helpful.
- The breath may have an unpleasant odor for a few days.
- There may be a small amount of bloodstained spit or nasal drainage for several days.
- Several episodes of vomiting of old dark blood may occur and usually stops by itself.

CONTACT YOUR PHYSICIAN IF YOU HAVE:

- A fever of 101 degrees (by mouth) or higher.
- The patient vomits bright red blood or has persistent bleeding within 12 days of surgery.
- A persistent cough or cold develops within the first 10 days.
- A severe constant pain in the ear associated with a temperature over 101 degrees develops.

- Call either office-if it is after hours the message will explain how to contact the physician on call.

POST-OPERATIVE CARE:

- Your surgeon will wish to see you in the office for a follow up appointment. Please call the office for a date and time.
- **If you have an urgent problem and are unable to reach your physician/surgeon, please go to the Emergency Room.**

PRECAUTIONS:

- You should not drink alcoholic beverages or operate power driven equipment/appliances while taking pain medication.
- No gargling for one week.
- To decrease the chance for bleeding: Avoid exposure to the sun, avoid rigorous exercise (running, jumping, etc.) avoid unnecessary coughing, sneezing, clearing of the throat and nose blowing, avoid **ASPIRIN**, no aspirin or aspirin-containing products (Aspergum®, Alka-Seltzer®).

If you have any concerns not covered here or by your surgeon, please contact the office. After office hours the telephone answering machine will instruct you as to how to contact the physician on call.

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