

Post op Instructions: UPPP (Uvulopalatopharyngoplasty)

Diet:

After surgery it is not uncommon to have some nausea and occasionally vomiting due to anesthesia. Start out with liquids and gradually introduce soft foods as desired (jello, pudding, mashed potato, ice cream, etc.). Drink liquids frequently throughout the day, especially if you are not tolerating solids yet. Stay on a soft food diet for 1-2 weeks after surgery. Occasionally some patients will experience fluids coming out of their nose when they drink. This is usually temporary and improves with drinking slowly and carefully.

Foods and drinks to avoid: Hot foods, spicy or highly seasoned foods, dry and crunchy foods like potato chips, nuts, crackers, and dry toast. Avoid orange juice, grapefruit juice, tomato juice and other acidic drinks for a week, as they may hurt the throat.

Medications:

A pain medication for 7-10 days will be prescribed to you after surgery usually in the form of hydrocodone or codeine. These medications often cause drowsiness, constipation and sometimes nausea and vomiting. If you experience continued vomiting, call the office and a medicine may be called in to your pharmacy to relieve nausea and vomiting. In some cases, an antibiotic or a topical pain medication will be prescribed. Take the medications as directed. It is recommended that for the first few days, pain medicine be given on a routine basis, every 4-6 hours, even during the nighttime so that the pain does not become too overwhelming. Drink plenty of fluids to prevent constipation. Switch to over the counter Tylenol (acetaminophen) when the pain is mild.

General Instructions

- Avoid heavy lifting, straining, or vigorous exercise for 2 weeks.
- Avoid frequent coughing and clearing the throat.
- Bad breath is common after the surgery and improves with more fluid intake and time.
- You will notice a white to grayish membrane on the sides of the throat. This should subside in a few weeks as things heal.
- Earache is expected after surgery and is not due to an ear infection, but to referred pain from the throat.
- Avoid taking aspirin or other blood thinners, which increase the possibility of bleeding. Talk to your doctor about when you should resume these medications. In general, most medications can be resumed after surgery.

- Most patients will return to school or work in 1 week. Remember that most prescription pain medications cause drowsiness, so patients on pain medications should not operate heavy machinery, drive, or make important decisions.

Fever:

A low grade fever is not uncommon after surgery. Take Tylenol (acetaminophen) as needed and encourage fluid intake. Be sure not to exceed 4 grams (4000 mg) in one day, note that you may need to add in the amount of acetaminophen that is often found with your pain medications. If the temperature remains above 102 ° F (39° C) and does not respond to Tylenol, call our office or go to the nearest emergency room. If you are unable to drink fluids despite pain medications and you notice a decrease in urination or lethargy, these may be signs that dehydration is occurring and IV fluids are required. In this case, call our office or go to the nearest emergency room.

Bleeding:

A small amount of blood tinged saliva is not uncommon after surgery. In rare occasions, frank bleeding can occur from the mouth. In approximately 2% of patients, this can occur about 7-10 days after surgery. Most resolve spontaneously. If this occurs, sit quietly and keep your head elevated, gargle gently with ice cold water and spit the blood out. **If the bleeding does not stop promptly, call the office or go to the North Austin Medical Center Emergency Room (901-1000).**

Follow up:

A follow up appointment should be scheduled in a few weeks. If you do not receive an appointment, please call our office.