

## Uvulectomy/Injection Snoreplasty Post Procedure Instructions

### **Diet:**

Avoid eating anything until the numbness in your throat from your injection has resolved. You may have a sensation of gagging or that there is something in your throat, this will subside when the numbing medication has worn out, usually about an hour after injection. If you must drink, please take small sips until sensation returns to your throat.

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 week and increase your diet as tolerated. 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:**

Take your pain medications as needed. No driving while on narcotic pain medications (hydrocodone, Tylenol #3, etc.), as these medications can make you sleepy. Narcotic pain medications can also cause nausea and vomiting and make you feel lightheaded. If you have only mild to moderate pain or want to avoid narcotics, take extra strength Tylenol (Tylenol) or Advil (ibuprofen) instead. Often times you will be prescribed an oral mouthwash that has numbing medications in it to use in addition to oral pain medications or on its own for mild intermittent pain.

You may not notice any change in your snoring for many weeks, this is normal and different for each patient. Call our office if you have any questions or if you develop worsening pain, drainage, bleeding or redness to your incision site. Be sure to follow up with your physician.