

UPPP

UVULOPALATOPHARYNGOPLASTY (UPPP)

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Throat pain is normal and to be expected following UPPP. It is usually worse at about the third to seventh day, but may last up to 16 days. Pain is much worse on swallowing.

2. Ear pain is normal and expected following UPPP.

3. Elevated temperature is not unusual after UPPP. It is unusual for this to be a sign of infection. Call us if the temperature is measured to be higher than 101.5. To help keep the temperature down, try to drink as much as possible.

4. You will usually be given a prescription for an antibiotic and a pain medication. Take the prescriptions as directed

5. Avoid Aspirin, Ibuprofen and related products not only after surgery, but also for two weeks prior to the surgery if possible. Tylenol and related products are acceptable.

6. Bleeding is unusual following UPPP. If it should occur, stay calm! In most cases, it is oozing which will stop on its own. If you do notice any bleeding please call the office immediately. If a doctor or nurse does not respond within 15 minutes, then call again. In severe cases, go to the nearest Emergency Room if the office is not open.

7. Rest as much as possible for two weeks following surgery.

8. Eat a soft diet for the first 2-3 days. Drink plenty of fluids and avoid alcohol for 2-3 days. Avoid citrus juices and spicy foods.

9. You may brush your teeth and use diluted mouthwash as necessary, although it may burn.

10. In most cases, dissolvable sutures are used and can occasionally become irritating before they dissolve completely.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE