

UPPP

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REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. Throat pain is normal and to be expected following the UPPP. It is usually worse at about the third to seventh day, but may last up to 16 days. Pain is much worse when swallowing.
2. Ear pain is normal and expected following UPPP. This is a referred pain from the procedure and is NOT a sign of an ear infection.
3. Elevated temperature is not unusual after UPPP. It is unusual for this to be a sign of infection. Call the office if the temperature is measure to be higher than 101.5 while taking Tylenol. 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. Antibiotics should be taken as directed, pain meds as needed but no more often than the safe dose. Remember that if you are taking prescribed pain medication you should not drive.
5. Avoid aspirin after surgery but also for two weeks prior to the surgery if possible. Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
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. 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.
8. You may brush your teeth and use diluted mouthwash as necessary, although it may burn.
9. In most cases, dissolvable sutures are used and can occasionally become irritating before they dissolve completely.
10. You should rest as much as possible and avoid any strenuous activity for two full weeks after surgery. Most adults are out of work for this full two week time frame.
11. CPAP use can generally be resumed the day after surgery unless otherwise instructed by your doctor.
12. You will have a postoperative appointment scheduled for you, which will be 7-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

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