

UVULECTOMY

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, jaw pain and ear pain are normal following a uvulectomy and may last up to 10 days. Pain may be worse upon swallowing. Often, the pain increases after surgery before it gets better, this is expected and not a sign that something is wrong.
2. Elevated temperature is not unusual after surgery. 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. Avoid citrus juices, as they can burn, but any other liquids are fine. Ice cream is also acceptable.
3. You may 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.
4. Avoid aspirin after surgery but also for one week 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.).
5. Pain following a uvulectomy can be severe at times. This pain can be regulated with use of Tylenol and Motrin or sometimes prescribed pain medications, anti-inflammatory medications or oral steroids. Remember that pain is normal and some level of discomfort is unavoidable after surgery.
6. **DRINK PLENTY OF FLUIDS!** It is suggested that straws and cups with straws in them not be used after surgery. Suction can cause the scabs to come off before they are ready and lead to bleeding. Resuming a solid food diet may take over a week, but not drinking enough fluids will lead to dehydration, which can increase pain, cause fever, and prolong the healing process.
7. Bleeding is uncommon following a uvulectomy. If bleeding does occur, STAY CALM and call the office.
8. It is important to give your body plenty of rest following a uvulectomy. Light activity is fine but exercise, bending, lifting or strenuous activity should be avoided.
9. You should plan to be out of work or school for the first week after surgery but most can return for the second week but with activity restrictions. This can be discussed further with your surgeon at your follow up appointment.
10. You will have a postoperative appointment scheduled for you, which will be 6-14 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.