

POSTOPERATIVE INSTRUCTIONS UVULOPALATOPHARYNGOPLASTY (UPPP):

DIET

A **strict soft diet** is imperative for **2 full weeks** after surgery. Avoid hot foods, spicy or highly seasoned foods, potato chips, nuts, dry toast, popcorn, pizza and crackers. Encourage intake by frequently offering milk, ice cream, jello, pudding, water, fruit juices, jello, broth, etc. Drink several glasses of water (lukewarm water is less irritating than cold). **Avoid** drinking orange juice, grapefruit juice, and tomato juice for 1 week after the operation, they make the throat burn.

MEDICATIONS

An antibiotic is usually prescribed for 7-10 days following the surgery. You may also receive a prescription for pain medication in the form of codeine or hydrocodone. These narcotic medications cause drowsiness and constipation. Do not drive, operate heavy machinery or make important decisions while on these medications. You may need to take an over-the-counter stool softener if you become constipated. A medication for nausea may also be prescribed and the preferred route for this is a suppository.

GENERAL INSTRUCTIONS

- Frequent coughing and clearing the throat should be avoided.
- No exercise or heavy lifting for 2 weeks following surgery.
- Objectionable mouth odor and excessive mucus is commonly observed and is relieved by abundant fluid intake and swishing/gargling with lukewarm water. Throat clearing and heavy coughing should be **avoided**.
- A white or gray membrane on the sides of the throat is normal and should disappear in several weeks.
- Earache is expected. It is not an ear infection; it is referred from the throat. Chewing gum will sometimes help to alleviate this.
- **Do not use aspirin for 2 weeks**; it increases the possibility of bleeding.
- Patient may return to work or school one week after discharge. Please note that narcotics cause drowsiness. Patients who take narcotic pain medication should not drive, operate heavy machinery, or make important decisions.

BLEEDING

The danger of serious bleeding is not over after you leave the hospital. In about 2% of patients there is some bleeding after 6 or 8 days. If this happens, do not become excited, this bleeding is usually slight and stops spontaneously. Remain quiet, lie down, and spit the blood out gently. Gargle gently with ice water. If the bleeding does not stop, promptly call your doctor. If the doctor is not available and bleeding continues, go the nearest emergency department.

FOLLOWUP

Please make a follow-up appointment to be seen in 1 week by calling the office at the phone number above.

Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant.