



Uvulopalatopharyngoplasty Post-Operative Instructions

1. **Diet:** You will be on a liquid diet for the first seven days and can graduate to soft foods and then a normal diet as tolerated. It is recommended that you avoid carbonated beverages, spicy foods, or acidic foods like orange juice and lemonade because they will cause discomfort. We do not recommend too much ice cream or milk products as they leave an uncomfortable film on the throat. We encourage popsicles or frozen ice pops to help soothe the throat. Jell-O may help soothe the throat as well. At first luke warm liquids may feel better than cold. Remember that the throat will feel better if it stays moist.
2. **Restricted Activities:** Do not bend over or lift heavy objects for two weeks after the surgery. These activities can raise pressure in the blood vessels of the head and neck. For the first two weeks after surgery, do not exert or overheat yourself with exercise, yard work, or other physical activity.
3. **Pain:** You will have a moderate to severe sore throat for up to two weeks. The surgeon will prescribe a liquid pain medication that will help to take the edge off the pain. There is nothing we can give you that will make the sore throat totally go away. The third day after the surgery, you can use throat lozenges or sprays to help numb the throat and make eating more comfortable. You may also have trouble with liquids backing up into your nose. This is called *nasal regurgitation* and is usually temporary. Let your doctor know if it persists for more than one week after surgery.
4. **Time off school/work:** Because of the sore throat and stress of surgery, you will need to take time off from school and/or work. The older the patient, the longer the recovery time. Younger patients can return to school 5 days after the surgery. Older teenagers and adults will be able to return to school or work 7 days after their surgery.
5. **Bleeding:** During the first couple of days following the surgery, it is not unusual for you to cough up some dark blood or blood clots. You may also blow your nose and find dark blood or small clots. This dark blood is old blood from the surgery and is no cause for concern.

If you should experience bright red blood, our office should be notified immediately at **459-8824**.

6. **Fever:** It is common for you to run a fever below 100 degrees. If you experience a fever above 100 degrees, call our office at **459-8824**.
7. **Sleeping:** You should sleep in whatever position is most comfortable and it is highly recommended that a humidifier be used to keep the throat moist.
8. **Post-Operative Recheck:** We will need to see you in our office about one week after the surgery to make sure that everything is healing properly

If you have any questions, please call our office at 459-8824.