PERIOPERATIVE SERVICES

Post-Operative Instructions

Uvulopharyngopalatoplasty (UPPP) Surgery

PAIN:

You will have a sore throat and may have ear pain after your surgery. Your surgeon has prescribed pain medication. Please use as instructed.

OPERATIVE SITE:

You will have a small incision in your mouth toward the back, which you can feel with your tongue. A small amount of bleeding and/or swelling may occur.

ACTIVITY:

Light activities initially; no strenuous sports of heavy lifting for 2 weeks. You may bathe or shower in 24 to 48 hours; **avoid long hot baths/showers**. Avoid clearing your throat or coughing. Your breath may be unpleasant. This is temporary and will disappear when your incision has healed.

DIET:

Drink plenty of cool drinks; avoid hot liquids because they may promote bleeding. Initially a soft diet is advised until your incision is healed, and you are comfortable.

FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

**Call your Surgeon immediately or go to the Emergency Department if you have any of the following:**

* Significant bleeding from the incision site; initially try gargling with ice water
* Fever lasting more than 24 hours