

Nurses Phone: (615) 848-9265 ext 140 Email: nurses@midtnent.com
Surgery Schedulers' Phone: (615) 848-9265 ext 160 Email: surgery@midtnent.com

Uvulectomy and Cautery-Assisted Palatal Stiffening Operation (CAPSO)

As you have been informed, the operation can be painful. This regimen has been designed to help as much as possible to ease you through the post-operative period. The pain usually begins the day after surgery and may last up to two weeks. It is usually more severe at night and mealtimes. It is important to remember that meals can be skipped, but hydration with fluids is a must. Continue to drink plenty of fluids no matter how bad the pain is.

Medications:

- a) **Green Cepacol Lozenges** (purchase at any drug store)
Suck on one every hour as needed.
- b) **Tylenol**
Take 1 or 2 tablets every four hours as needed for pain
- c) **Tylenol #3 or Oxycodone**
Substitute for regular Tylenol every 4 hours as needed for severe pain
- d) **Aspirin Rinses**
Dissolve 80-100 aspirin tablets in a one liter bottle of water.
Rinse and SPIT- every 30 minutes to an hour as needed. **DO NOT GARGLE!**

Before Meals:

- a) Suck 1 Cepacol
- b) Rinse and spit with aspirin rinse

At Bedtime:

- a) Suck 1 Cepacol
- b) Rinse and spit with aspirin rinse
- c) Take Tylenol #3 or prescribed medication
- d) Run a cool mist vaporizer at night to help keep the palate moist while sleeping

Notes:

- a) The maximum dose of Tylenol is 650 mg every 4 hours (You can only take regular Tylenol OR Tylenol #3- NOT both)
- b) **Aspirin rinses MUST be spit out or an ASPIRIN OVERDOSE could occur.**
- c) Codeine is a narcotic. Do not drive while taking this medication. Do not mix with alcohol.