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Post Operative Instructions for Uvulopalatopharyngoplasty (UPPP)

The following instructions will help you recover as easily as possible from sleep apnea surgery. Please read the information below and follow the instructions while you are at home.

Medications

- If an antibiotic is prescribed, finish all of it even if you are feeling better.
- Take pain medication as directed. It is helpful to take the pain medicine 30 minutes prior to eating to make swallowing easier. Some narcotic pain relievers cause constipation. If this occurs, be sure to increase your fluids and use a stool softener if needed.
- You may switch to Tylenol if the stronger pain reliever is not needed, but **DO NOT combine Tylenol with the prescription pain reliever unless directed by your physician. DO NOT take any aspirin, ibuprofen or naproxen products for two weeks following surgery.**

Diet

- Start with a liquid diet and advance as tolerated. You may progress to a soft diet after 72 hours (ice cream, pudding, soup, mashed potatoes, etc.)
- **DRINK PLENTY OF FLUIDS!** - Cold or lukewarm only, hot fluids tend to irritate the wound.
- For the first 24 hours, avoid red colored foods and liquids.
- Do not use straws! This may dislodge blood clots.
- Avoid citrus juices and highly seasoned foods that tend to irritate the surgical area.
- No food with rough edges for 2 weeks (chips, popcorn, etc.)

Activity

- Keep quiet and indoors for at least 3 days. Avoid exposure to other persons with infections.
- No strenuous activity during the first 2 to 3 weeks. Heavy physical exertion that causes panting or jarring should be avoided.
- You may return to work or school in two weeks or sooner if you are released by your doctor.
- Avoid smoking and alcohol for 4 weeks.

Other

- It is not uncommon to have a foul mouth odor/taste for a couple of days. Do not use any mouthwash that contains alcohol.
- You may use a room humidifier to help keep your mouth and airway moist.
- You may experience ear pain/discomfort during the healing period. This is referred pain from throat surgery and will go away.
- You may experience some leakage of fluid from your nose when you drink certain fluids such as soda. This can be expected for a few weeks after surgery, but please inform the physician when this happens.