

DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

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Uvulopalatopharyngoplasty (UPPP)

Post-Operative Instructions

1. You have been given a prescription for pain medication and an antibiotic. Use them as directed by your health care provider. Switch to regular Tylenol or acetaminophen if the stronger medication is no longer needed. You will need some pain medication for 5-10 days after the surgery. Do not take any aspirin or ibuprofen containing products for two weeks after surgery. Try anesthetic throat lozenges, such as chloraseptic.
2. Post-operative bleeding is the primary risk following a UPPP. The danger of bleeding is generally over at the time of discharge from the hospital, but occasionally some bleeding may occur 5-10 days later. If this happens, gently rinse the back of the throat with ice water. If the bleeding does not stop, call the office immediately.
3. You may have some ear pain for a few days after the operation. Some patients will also develop a low-grade fever (less than 101 degrees F). Take your pain medication or regular Tylenol. Usually, it does not mean that there is an infection. DO call the office, however, if you have a fever over 101 degrees F or if the low-grade fever persists for more than 2 to 3 days.
4. You have some stitches that will dissolve by themselves. They appear white and with time, may cause a tickling sensation in your throat as they begin to dissolve. It often takes up to 4 weeks for them to completely dissolve.
5. Chewing gum several times a day may help your sore throat and exercise your jaw. This will usually shorten your recovery time.
6. Brush your teeth gently 2-3 times a day.
7. Drink plenty of liquids for the first few days after surgery. This is one of the most helpful things you can do following the UPPP. Ice and Popsicles are good for this and can be soothing as well.
8. Gradually advance the diet from liquids the first day or two to very soft foods (i.e. ice cream, jello, pudding, oatmeal, milk, toast, yogurt, apple sauce, ect.) for the next two days. Gradually add foods so that by day 5-7 you are eating mashed potatoes, soft vegetables, bread, soft pasta, ect.
9. Taking your pain medication 30 minutes prior to mealtime will make swallowing easier.
10. Take it easy for the first 2-3 days after surgery. You may begin to increase your activity after the third day as you can tolerate it.
11. You will have a post-operative appointment in the ENT office 14 days after surgery.
12. Abnormal sensations such as feeling as though something is stuck behind the nose or as though there is a ledge or foreign object stuck in throat are very common and may last, to some extent, for weeks, months, or even a year after surgery.
13. If you have any questions or concerns, call the ENT office.

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