SURGICAL 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, Tylenol™ may be all you require for pain. If you feel nauseated, you may take an “over the counter” Gravol™ for the nausea. Keeping the throat moist by drinking plenty of fluids and using an ice collar (a clean towel or sock with ice wrapped in it or a bag of frozen vegetables) are other measures to decrease discomfort.

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. You may develop bad breath and or a bad taste in your mouth. Drink plenty of fluids, brush your teeth frequently and gargle with salt water to decrease this problem. This is temporary and will disappear when your incision has healed. It is not uncommon to vomit a small amount of old dark red blood after surgery. If you cough up bright blood (this is considered fresh new bleeding), gargle with ice water or a one-part solution of water and hydrogen peroxide.

ACTIVITY:

Light activities initially; no strenuous sports or heavy lifting (4.5 kg or 10 pounds) for 2 weeks. You may bathe or shower the day after your surgery; avoid long hot baths/showers. Avoid extremes of hot and cold for 10 days. Do not use hot tubs or saunas for 2 weeks. No swimming until your surgeon permits it, usually this is in 2-3 weeks. Avoid clearing your throat or coughing. If you are a student or have a job that is not physically demanding, you may return to work in 10 days minimum. If your job is physical you may need to be off from work for 2- 3 weeks, speak with your surgeon as to how long you may need to be off from work.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

DIET:

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

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 will call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION:**

Do not take Aspirin or medications containing acetylsalicylic acid (ASA™).

Do not take any non s-steroidal anti-inflammatory drugs (NSAIDS) such as Ibuprofen (Advil™) or Motrin™ unless your surgeon has advised you otherwise.

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

* Severe bleeding from the incision site; despite gargling with ice water
* Fever (greater than 38 ‘C or 100.4’) and/ or chills lasting more than 24 hours
* Severe pain, not relived by pain medication
* Difficulty breathing, shortness of breath

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.