



### **Post- Operative Instructions Uvulopalatopharyngoplasty and Sleep Apnea Surgery**

1. Diet: Because of the significant sore throat, cool liquids and soft foods are usually more easily tolerated for several days after surgery. The greatest risk to patients post- operatively is dehydration so be sure to drink enough that urination occurs at least every 8 hours. If the patient does not urinate every 8 hours, please call our office for instructions or go to the emergency department for intravenous fluids. Frequent swallowing also decreases the number of days that the throat is sore.
2. Take your medications as directed. Narcotic medications are sometimes provided post- operatively. This type of medication often causes nausea and even vomiting. This is made worse when taken on an empty stomach, so encourage the patient to have something to drink or even better to eat prior to taking this type of medication. If vomiting cannot be controlled, please call your physician.
3. Activity level should be minimal for the first day. No vigorous activity/exercise/recess should be allowed for 10 days for children and a full 14 days for adults. Do not lift anything over 20lbs and do not pick things up by bending over.
4. The sore throat typically worsens over the first week and then starts to subside. Expect the patient to be more uncomfortable several days after surgery than they were on the first day. Ear pain is also common after surgery usually beginning about 3 or more days after surgery and continuing until the throat pain resolves.
5. Talking and swallowing are encouraged and actually promote healing. Avoiding coughing, clearing the throat, crying, sneezing, or shouting as best as possible for the first week.
6. Vomiting a small amount of blood immediately post- operatively is acceptable, but any bright red blood seen after leaving the hospital should be reported immediately to your physician. If the bleeding seems excessive, the patient should be brought immediately to the closest emergency department. Bleeding is most common about a week after surgery and usually occurs within 10 days.
7. Low- grade temperatures are not uncommon after surgery, but call your physician for a fever over 102.
8. Foul- smelling breath is common after surgery and will persist for a couple of weeks or longer in many patients. It will resolve as healing occurs.
9. Do not take aspirin, aspirin- containing products, or those medicines which are considered NSAIDs (ibuprofen, Motrin, Advil, ketoprofen, Excedrin, etc) within 10 days of surgery which can increase the risk of bleeding. Likewise, if you normally take blood thinning medication, do not restart this until approved by your physician. If you're not sure when this is, please contact us.
10. You might notice some liquids going up into your nose when you drink too quickly. This often resolves by the time of your post- operative visit. If not, be sure to address it at that time.
11. You should have a post- operative appointment scheduled. If you are unsure of the date or didn't have that scheduled yet, please call us.