

PERIOPERATIVE 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.

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.

ACTIVITY:

Light activities initially; no strenuous sports or heavy lifting for 2 weeks. You may bathe or shower in 24 to 48 hours; **avoid long hot baths/showers**. Avoid clearing your throat or coughing. Your breath may be unpleasant. This is temporary and will disappear when your incision has healed.

DIET:

Drink plenty of cool drinks; avoid hot liquids because they may promote bleeding. Initially a soft diet is advised until your incision is healed and you are comfortable.

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

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

- Significant bleeding from the incision site; initially try gargling with ice water
- Fever lasting more than 24 hours

