



FARMINGTON
EAR, NOSE & THROAT



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Postoperative Instructions for Uvulopalatopharyngoplasty (UPPP)

The following are comments and instructions for individuals who have had UPPP. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

*Throat pain is normal and to be expected following this procedure. It is usually worse at about the third to seventh day, but may last up to 16 days. Pain is much worse on swallowing.

*Ear pain is normal and expected after UPPP. A foreign body sensation in the roof of the mouth is not an unexpected sensation.

*Elevated temperature is not unusual after UPPP. Please notify us if the temperature is measuring to be higher than 101.5 degrees Fahrenheit. To help keep the temperature down, try to increase your fluid intake.

*Avoid Aspirin, Ibuprofen and related products for at least a week after surgery if possible. These products can increase your chances of bleeding. If needed try taking Tylenol and related products. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**

*Bleeding is unusual following UPPP. You may notice some oozing or blood tinged mucous, this is normal. If you do notice bleeding, bright red blood filling your mouth, please call the office immediately. If the office is closed please go to the nearest emergency room.

*Eat a soft diet for the first 2-3 days after this procedure and drink plenty of fluids. Try to avoid acidic and spicy foods and beverages as these could cause increase pain.

*You may brush your teeth and use a diluted mouthwash as needed.

*If you are experiencing problems or have any questions, call our office at any time.

If you have any additional questions or problems please call the office. After hours you can reach me through the hospital 573-756-6451.