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FACIAL PLASTIC & COSMETIC SURGERY
ALLERGY TESTING & TREATMENT
HEARING AID SALES & SERVICE

Post-Operative Instructions
UPPP with or without Tonsillectomy

Uvulopalatopharyngoplasty (UPPP) is a procedure that removes excess tissue in the throat to make the airway wider. This sometimes can allow air to move through the throat more easily when you breathe, reducing the severity of obstructive sleep apnea.

- **DIET:** Encourage fluids the first 48 hours. As tolerated, increase to a soft diet then to a normal diet. No hamburgers, hot dogs, pizza or anything on a bun for 10-14 days. Avoid sharp or scratchy foods. Anything on a fork or spoon is generally fine.
- **ACTIVITIES:** Rest for 48 hours then resume light activities. Avoid strenuous activity for 7 days. Do not do anything to increase your heart rate. Avoid lifting more than 10 pounds.
- **PAIN:** Throat and ear pain are common. Liquid pain medications are given. The pain medication will not eliminate the pain, but is meant to take the edge off and try to make you more comfortable. The pain medication may need to be taken every 4 hours to control the pain. Throat pain will decrease with chewing and swallowing. Ear pain is referred from the throat and does not indicate an infection. As the throat heals, the ear pain will go away.
- **BLEEDING:** There may be some blood-tinged mucous or saliva, however, if there is any fresh bleeding which persists greater than 10 minutes, call the office or seek emergency care. As the throat heals there are normally white patches (scabs) in the back of the throat, these will be swallowed 10-14 days after surgery.
- **MEDICATION:** Use prescription medications as prescribed. It is important that you finish all the medications that are prescribed for you.
- **FEVER:** Temperature elevation is common and normal following surgery. If it is greater than 101 degrees, contact our office.

A post-operative appointment has been scheduled for _____

LOCATION:

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1555 44th St. SW Wyoming MI 49509

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Northeast

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