



For questions or emergency care, please contact us at 985-327-5905.

POSTOPERATIVE INSTRUCTIONS UVULOPALATOPHARYNGOPLASTY (UPPP)

UPPP is the removal of the remaining tonsils and portions of the back of the soft palate. It is a safe and effective surgical procedure that will provide you with lasting benefits. The suggestions below should help with a rapid recovery.

What to Eat:

- avoid foods that are hot, spicy or rough and scratchy (such as potato or corn chips)
- to prevent dehydration, drink four to six 8 oz. glasses of liquid daily – do not drink citrus juices
- within one to two days, add cold and soothing foods - icees, ice cream, etc.
- as you feel better, add soft, bland items that are easy to chew and swallow - mashed potatoes, soups, etc.

Activity:

- We encourage you to get out of bed frequently and return to normal activity as soon as possible. There are no strict rules for activity after surgery other than to avoid contact sports or heavy exertion for about two weeks.
- Nearly all adults can return to work by 1 week from surgery

Ways to Lessen Discomfort:

- encourage adequate food and liquid intake
- take all antibiotics as prescribed
- stay positive, you will be back to your old self in-7-10 days

Acetaminophen (Tylenol) can be used as directed. Avoid ibuprofen products (Motrin, Advil) because they may increase the chance of bleeding.

What to Expect:

- hoarse or abnormal voice may occur for several days
- vomiting may occur for up to 24 hours
- snoring may persist for 1-2 weeks
- ear pain may occur (the ears and tonsils share common nerves), but is temporary and requires no treatment
- fever up to 101 degrees
- bad breath is common for several days
- a scab or crust will form in the throat and will go away within about two weeks

Call the Doctor if You:

- have persistent or excessive bleeding (go right to the nearest emergency room if severe)
- have inadequate food or beverage intake
- have fever 102 degrees or higher despite acetaminophen (Tylenol)
- develop a severe stiff neck
- seem to be getting worse or is not getting better as the days go by

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