

Uvulopalatopharyngoplasty (UPPP)

HOME CARE INSTRUCTIONS

- Take your antibiotic as prescribed. Be sure to take your entire prescribed antibiotic.
- Take pain medication as prescribed.
- Brush your teeth 3 times a day.
- Gargle and swish mouth every 4 hours with solution of 1 teaspoon of baking soda in 1 quart of water.
- Drink slowly; do not be concerned if some of the fluid occasionally comes out of your nose.
- Drink plenty of fluids.
- Advance your diet to include soft foods over the next 2 days after surgery.
- Rough textured foods should be avoided for 10-14 days.
- Rest for 2 days, then gradually increase your activity.
- Take frequent deep breaths.
- See your physician as scheduled following your procedure.
- **DO NOT** take aspirin or products containing aspirin until further advised by the doctor.

POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from the anesthesia.
- There is a possibility of bleeding. If this occurs, rinse the back of your throat with ice water. If the bleeding does not stop, call your physician.
- You may have ear and throat pain for a few days.
- You may have a low-grade fever for 3 days.
- You have stitches that will dissolve in 3-4 weeks.
- You may have some nasal reflux.

CONTACT YOUR PHYSICIAN

- If you have bleeding that does not stop.
- If your pain is not controlled with the prescribed pain medication.
- If you have a fever over 101.1°.
- If you have any concerns with oxygenation.
- If you have any questions or concerns.