



## POSTOPERATIVE CARE OF THE UVULOPALATOPHARYNGOPLASTY PATIENT

### Diet

It is extremely important that the patient drink large amounts of fluids daily for 2 weeks. Any fluid or semi-solid foods (ice cream, pudding, popsicle, etc.) are acceptable except those that contain acid (orange juice). Failure to drink increases the risk of bleeding. The patient may start soft foods when he/she feels able and progress to a regular diet as throat pain allows. Avoid scratchy foods such as chips and popcorn.

### Pain

Throat and ear pain are to be expected, possibly up to 2 weeks after surgery. It is helpful to take medication with a little food to help with nausea. Again, drinking large amounts of fluids reduces pain most effectively. Tetracaine lollipops and/or Viscous Lidocaine are also helpful. A cool mist vaporizer may reduce throat dryness.

- 1) Narcotic pain medication can be alternated with Motrin 600mg every 3 hours.
- 2) If no narcotic is given, or if you prefer not to take the narcotic, you can alternate Tylenol 500mg with Motrin 600mg every 3 hours.

### Activity

It is recommended that strenuous activity that may raise the blood pressure be avoided for 2 weeks after surgery. This includes sports activities, bicycling, swimming, weightlifting, exercise, etc. Do not bend, stoop, or lift anything over 5 pounds. Patients may return to work/school as they feel able (may be up to 2 weeks). Notes will be provided for school or work if necessary.

### Bathing

The patient may take only warm showers or baths for 2 weeks after surgery.

### Fever

A low-grade temperature (99-100) is common during the first 2-3 days after surgery. A fever over 100 is indicative that the patient is not drinking enough, and fluids need to be increased. If the fever exceeds 101, please notify the physician.

### Bleeding

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. Bright red blood should be reported immediately, and Afrin spray or drops should be instilled in the nose. The patient may also hold extremely cold liquid in the mouth to help slow the bleeding.

Please contact our office at [478-743-8953](tel:478-743-8953) if you have any questions or concerns.