



## POSTOPERATIVE CARE OF THE UVULOPALATOPHARYNGOPLASTY PATIENT

### **Diet**

It is extremely important that the patient drink large amounts of fluids daily for two 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.

Patient may start soft foods when they feel able and progress to a regular diet as throat pain allows. Avoid scratchy foods, such as chips and popcorn.

### **Pain**

You can expect throat and ear pain, possibly up to two weeks after surgery. Take prescribed medication on a regular schedule. You may substitute Tylenol when pain is longer severe. 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 are also helpful. A cool mist vaporizer may reduce throat dryness.

### **Activity**

We recommend that you avoid strenuous activity that may raise the blood pressure for two weeks after surgery. This includes sports activities, bicycling, swimming, weight lifting, exercise, etc. Do not bend, stoop or lift anything over five pounds. Patients may return to work/school as they feel able (may be up to two weeks). We will provide notes for school or work if necessary.

### **Bathing**

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

### **Fever**

A low-grade temperature (99–100 degrees) is common during the first two to three days after surgery. Fever over 100 degrees is indicative that the patient is not drinking enough, and they need to increase their fluid intake. If fever exceeds 101 degrees, please notify the physician.

### **Bleeding**

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. You should report bright red blood immediately, and instill Afrin® spray or drops in the nose. Patient may also hold extremely cold liquid in the mouth to help slow the bleeding.

Please contact our office at 478-743-8953 if you have any questions or concerns.