



# Uvulopalatopharyngoplasty (UPPP)

## Post-Op Instructions



**PAIN:** You can expect pain after a UPPP. Pain medication will make the pain more tolerable, but it may not eliminate it. Patients do well alternating Tylenol and ibuprofen. An ice collar around the throat can sometimes be helpful. You may experience referred pain to the neck, jaw and ears, this is common, and the pain medication should help.



**PAIN CONTROL:** You should take pain medication regularly for the first few days. Prescription pain medication may have Tylenol (acetaminophen) in it, and if so do not take Tylenol with it. Once the pain starts to subside, spread out how often you are taking the pain medication, and eventually transition to over-the-counter Tylenol or ibuprofen. Common side effects of prescription pain medication are nausea and constipation. It is important to take it with food. If you experience constipation, you can try Miralax daily for three days or Senna 8.6mg twice daily.



**FEVER:** You may experience increased temperatures. This is usually a sign of dehydration. Rehydrate as much as possible. If you are lethargic and not urinating adequately, this may require IV fluids.



**DIET:** Soft foods are recommended after a tonsillectomy. Things to avoid are spicy, acidic, crunchy or hard foods. Sometimes you may not feel like eating, however, you **MUST** stay hydrated! Drink plenty of water or Gatorade/Powerade. Dairy may thicken secretions and make it more difficult to swallow.



**ACTIVITY:** No strenuous activity, heavy lifting, or bending over for two weeks because of the risk of bleeding. It is important to be up and out of bed throughout the day.



**UPPP SITE:** There will be wet scab and absorbable sutures in the back of the throat. This may take on a gray or yellow-green appearance. The scab can also give you bad breath. It is not infected. The wet scab will usually fall off in five to ten days. When it falls off, you may notice some bleeding. If this occurs, sip ice-cold water, it will usually stop on its own. If it doesn't after five to ten minutes, you should be seen in the ER, it may need to be cauterized. You may see spotting from the nose. Wipe as needed; this is an expected finding.



**RETURNING TO WORK OR SCHOOL:** Typically, when prescription pain medication is no longer needed, you may return to work or school. If a doctor's note is required, please call our office to have one faxed.



**FOLLOW-UP:** Our nurses will call you the day after your procedure to see how you are doing. You will also need a follow up appointment in 3-6 weeks.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our nursing staff at **518-701-2085**, if you have any questions or concerns. We are happy to assist you.