



Uvulopalatopharyngoplasty (UPPP) Surgery Postoperative Instructions

- Do not take aspirin, blood thinners, anti-inflammatory medications (ie. Ibuprofen) or herbal medications for two weeks before and two weeks after surgery. These medications can thin your blood and increase your chance of serious bleeding. Tylenol use before and after surgery is not a problem.
- Following surgery, expect some pain when swallowing and eating. Some patients may experience some ear pain (“referred” pain from the throat). Use the pain medications as prescribed 30 minutes prior to eating a meal. Be aware of the potential for constipation with the use of any codeine or narcotic medication.
- Call the office if there is marked bleeding (there is roughly a one percent chance of bleeding from the throat for two weeks post-op) or a temperature elevation of more than 100F.
- Drink plenty of cold fluids and popsicles/Jell-O. Fluids are very important to stay hydrated. Moderate to severe dehydration may require a visit to the emergency room for intravenous fluids. Do not eat sharp, spicy or very hot foods. Avoid acidic foods or drinks and avoid straws for two weeks. Eat a soft diet for approximately two weeks with cold fluids and cold desserts. Ice cream can be eaten, but milk products tend to thicken secretions and make them more uncomfortable. You may resume a regular diet as tolerated if you have had only the removal of your adenoids.
- Do not engage in any strenuous activity for at least two weeks. The first few days should be spent resting in bed or on the couch.
- Reflux of food into the nose can occur within the first several weeks. Long-term nasal regurgitation is less than five percent.
- Do not smoke.
- Keep your head elevated by sleeping on an extra pillow for approximately 48 hours.
- Do not be alarmed if you see white patches at the back of your throat. These patches are indications that the surgical area is healing.