

Uvulopalatopharyngoplasty (UPPP)

HOME CARE INSTRUCTIONS

- Take your antibiotic if 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 comes out of your nose at first.
- 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, and 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.
- If you have been prescribed narcotics, it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

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, gargle and spit into the sink. Repeat this 3 times. If the bleeding does not stop, call your physician.
- You may have ear and throat pain for 7 to 14 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 of liquids when drinking.

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 breathing.
- If you have any questions or concerns.