



## **UVULOPALATOPHARYNGOPLASTY (UPPP)**

### Home Care Instructions:

- Take your antibiotic as prescribed. Be sure to complete the entire amount.
- Take pain medicine as prescribed.
- DO NOT take aspirin, ibuprofen, or products containing those medications.
- Brush your teeth 3 times each 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 occasionally comes out of your nose.
- Drink a lot of fluids.
- Advance your diet to include soft foods over the next 2 days.
- Rough, crispy or sharp 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.

### 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. If bleeding does not stop, call your physician immediately.
- You may have ear and throat pain for a few days.
- You may have a low fever for 3 days. For a fever over 101.5°, call your physician.
- You will have stitches that will dissolve in 3-4 weeks.
- You may have some nasal reflux.

### Contact your Physician if:

- You have any bleeding that does not stop.
- Your pain is not controlled with prescribed pain medicine.
- You have a fever over 101.5°.
- You have any questions or concerns.