

LASER ASSISTED UVULO-PALATOPLASTY (LAUP) POST-OPERATIVE INSTRUCTIONS

1. Regular activities as tolerated.
2. Soft diet 1-2 days following procedure; then regular diet as tolerated.
 - a. Liquids are encouraged. Most patients tolerate lukewarm beverages. Avoid citrus juices. Milk products increase phlegm, but are encouraged.
 - b. A soft diet includes yogurt, custard, pudding, jello, applesauce, scrambled eggs and other foods of this type.
 - c. Avoid spicy meals and foods that are too hot or too cold.
3. Drink plenty of fluids. No alcohol.
4. Gargle with diluted peroxide: 1tsp. per cup of water every 3-4 hours for 5 days.
5. May brush teeth and can use non-alcohol containing mouth wash as necessary.
6. You may experience a mild sore throat for 4-6 days after each treatment.
7. Your physician will prescribe an antibiotic and medication for pain relief. You may also use Chloraseptic or Cepecol Throat Lozenges every 2 hours as needed for pain.
8. NO ASPIRIN, MOTRIN or medications containing NSAIDS for 10 days after the procedure.
9. Call the office at (703)779-3735 24hours a day if you are experiencing excessive pain, fever or if there is severe bleeding
10. Before you leave our office, be sure you have a follow up appointment and are scheduled for the next stage of LAUP.