

Uvulectomy

POST OP INSTRUCTIONS UVULECTOMY OR UVULOPALATOPLASTY PROCEDURES

Activities: You may resume your regular activities. Some patients will note some increase in their soreness if they talk excessively the first day.

Diet: Soft foods are suggested for the first day. Carbonated drinks, citrus fruits and spicy foods may irritate the throat the first few days. You should avoid hot or extremely cold drinks and foods; avoid eating or drinking until the anesthetic has worn off. Try to drink plenty of liquids but stay away from alcohol. Try apple juice and frozen popsicles.

Mouth Care: Mix 1 Tablespoon of hydrogen peroxide in 1 cup of water. Gargle with this solution in the morning and evening. This will help remove the grayish-white material that will form over the site of the procedure. Gargling will keep the area clean and allow it to heal faster. You may brush your teeth and tongue as needed. Chew gum or suck on hard candies.

For Discomfort: You may experience a sore throat after the procedure. This varies from person to person. Some patients may even experience an ear-ache, which is called “referred pain” and is more common if the tonsils are also treated. The doctor will prescribe a strong analgesic such as Tylenol with Codeine for severe postoperative pain. The last few days, most patients do well with plain liquid Tylenol taken in the morning and evening or every 4 to 6 hours as needed. If you feel you are experiencing excessive pain, please call the doctor at (509)334-5876.

Infections: As with any type of surgery, a postoperative infection is possible. If you develop a fever exceeding 101 degrees fahrenheit, please call the office.

Swelling: Swelling, after surgery, does not usually cause a significant problem. If the doctor feels you might have excessive swelling after your procedure, a steroid may be prescribed. You may have a sensation of swelling immediately after the procedure caused by the numbing medicine. For the same reason, you may feel that swallowing is difficult. You will be able to feel yourself swallow as the anesthetic wears off.

Scheduling: Before leaving the office, you should schedule your follow up appointment.

Questions or Concerns: Please call the doctor or his staff to report any concerns or to ask any questions you might have. Your health and comfort are important to us!