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BEFORE YOUR UVULOPALATOPHARYNGOPLASTY

- Uvula - “punching bag”
- Palate – soft part of roof of mouth
- Pharynx – sides and back of throat; includes tonsils

You will soon have a procedure known as uvulopalatopharyngoplasty (UPPP) to improve your sleep apnea.

The surgery is usually done in a hospital or outpatient surgery facility. You will be under general anesthesia with you being completely asleep. The surgery is done through the mouth (i.e., no cuts are made on the outside). The intent is to remove excess tissue, part of your soft palate, uvula, and your tonsils, if you still have them, to open the air passage to help you breathe. Most patients will go home the same day of the surgery. If your condition warrants, we will of course observe you overnight in the hospital.

Do not take aspirin or ibuprofen-containing compounds 10 days before or 10 days after the operation. These include Motrin, Nuprin, Advil, or Naprosyn. These may promote bleeding. If you are not sure if your medication contains aspirin or ibuprofen, please call us.



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AFTER YOUR UVULOPALATOPHARYNGOPLASTY

1. Review your before UPPP information
2. We will not “sugar coat” what we expect during your recovery. It hurts a lot. We, of course, will send you home with liquid pain medicine for you to take as needed. Pain pills will also be made available to you.
3. Most of the pain associated with your UPPP is due to the soreness of the cut muscles that associated with swallowing. You may also sense pain in your ears as the nerves in your throat commonly deliver pain to your ears. Therefore, “earaches” are not uncommon and are not actually due to your ears themselves.
4. You have no dietary restrictions. However, due to the discomfort most people prefer liquids and soft foods (Jello, pudding, shakes, etc.). Nutrient should be at room temperature or cold. Avoid hot or warm foods and liquids. You will probably lose weight during your first week of recovery. This is a bonus for you if you are overweight.
5. Fluids are the most important aspect of your diet. If you don’t drink enough you will become dehydrated and may require fluid administered through an I.V. in the emergency room. Signs of dehydration are weakness, lethargy, decreased and dark urine output, and markedly increased pain in your throat.
6. You may experience nasopharyngeal reflux. This simply means that some liquid may come out of your nose when you swallow. This is not uncommon and almost always goes away with time.
7. If you have any **FRESH RED BLOOD IN YOUR MOUTH OR NOSE, GO DIRECTLY TO THE EMERGENCY ROOM.** Do not call us or page us. The emergency room doctor will contact us.

