

Surgeon - Dr. Manoj Kumar

Date of Procedure _____

UPPP

Uvulopalatopharyngoplasty (UPPP) is a procedure that removes excess tissue in the throat to make the airway wider. This can sometimes allow air to move through the throat more easily when you breathe, reducing the severity of obstructive sleep apnea.

After surgery:

- ⑩ Plan to limit your activity for two weeks after surgery. This means no heavy lifting or straining, and no strenuous exercise.
- ⑩ You should not participate in sports or other physical activities, including physical education (gym) for two weeks.
- ⑩ Discomfort after surgery is expected, and may last for two weeks. You will have a prescription for pain medication, and you should not hesitate to use it regularly for the first few days as directed.
- ⑩ You will have a prescription for antibiotics after surgery. Please be sure to take them until they are gone because they help with the healing process.
- ⑩ You may also get a prescription for steroid pills to use as directed after surgery. These help to reduce swelling in the throat and palate area.
- ⑩ A small amount of blood-stained mucus or saliva is not unusual in the first week. However, if the bleeding is bright red, excessive, or prolonged, please call the office for further instruction.
- ⑩ Be sure to drink plenty of liquids. Cool liquids (water, Gatorade, clear juices) are best, and you should keep a glass or bottle with you all the time while you are awake. Avoid hot liquids for seven days. Avoiding dehydration is important to speed recovery, reduce pain and the risk of bleeding.
- ⑩ You should avoid foods that are hot or acidic for 5-7 days. Generally, you should start with soft foods and advance your diet as tolerated.
- ⑩ Suggested Foods: applesauce, sherbet, pasta (well cooked), cottage cheese, yogurt, ice cream, cereal (that has been soaking in milk), vegetables (well cooked), scrambled eggs, Jello, small pieces or slices of soft cheese, milkshakes, soup, Ramen noodles, pudding, meat and custard.
- ⑩ Ear pain is common after surgery because the nerves to the ear pass near the tonsil area. It does not mean you have an ear infection.
- ⑩ You will be asked to return for post-operative visits, first 1 to 2 weeks and then about 6 to 8 weeks after surgery. Occasionally a few extra visits are needed.

Please do not hesitate to call the office at [607-753-6560](tel:607-753-6560) if any questions or problems arise.