

Uvulopalatopharyngoplasty (UPPP) and Tonsillectomy Postoperative Instructions

1. You should anticipate an overnight stay for observation in the hospital with heart and breathing monitors following surgery
2. Avoid exercise or strenuous activity for 2-3 weeks. Lift nothing greater than 10 pounds. Expect to be off work for 7-10 days or longer if physical activity is involved.
3. There are no foods, if chewed properly, that will injure the throat; however, soft foods are swallowed more easily. Citrus juices will burn. It is essential to drink plenty of fluids to stay hydrated and decrease the risk of bleeding. Avoid caffeine.
4. You may experience a low-grade fever and have ear pain following the procedure. Do not be alarmed by this. If fever is greater than 101.5, then you should call.
5. You will be given prescription-strength pain medicine that contains Tylenol. Do not take additional Tylenol while taking the pain medication. You may substitute regular Tylenol when pain is less later in the healing process. Ask your doctor before adding Motrin, Advil, Aspirin and Ibuprofen as these could increase your risk of bleeding.
6. If you were using a CPAP or BiPAP breathing machine at night prior to surgery, you may continue use postoperatively until swelling subsides.
7. If prescribed an antibiotic, take until gone.
8. It is important to keep all follow-up appointments.
9. Call the ENT physician or come to the Emergency Department if there is any bleeding from the nose lasting more than 10 minutes or bleeding from the mouth that is more significant than mild red-tinged mucous.

** For any questions or concerns, call the office (814-944-5357) Monday through Friday, 9:00 am to 4:30 pm. Through the same number, our answering service will page the ENT physician on-call during nights and weekends