

Post-operative Instructions

Uvulopalatopharyngoplasty

What to expect

The pain associated with Uvulopalatopharyngoplasty is often quite significant. It may vary from day to day. It is not unusual to improve for the first few days and then deteriorate again around days 5 to 7 as the inflammation peaks. Pain referred to the ears is also common.

Raw surfaces in the back of the mouth become covered in a yellow white layer. This is normal and does not indicate infection.

Moderate swelling of the palate is common as is smelly breath.

Pain Management Protocol

- Celebrex-100 or 200mg as prescribed, twice daily for 10 days, take this regularly
- Panadol/Panadeine 1-2 four hourly as required.
- Endone will also be prescribed on discharge. It can be taken if the above is not covering the pain. It is quite strong and can cause nausea and vomiting.

Antibiotics

Will be prescribed in most cases.

Diet

A normal diet following surgery is desirable. It is also important to maintain a good intake of fluids.

Activities and Return to Work/Study

I normally recommend taking 14 days off to recover. Physical activity and sport should be avoided for two weeks. You must not drive, operate machinery or make legally binding decisions for 24 hours.

What to watch out for and when to contact me

The main concern following Uvulopalatopharyngoplasty is bleeding. Some minor blood streaking of saliva is acceptable but please contact me if there is fresh ongoing bleeding. If the pain is becoming unmanageable please contact me and we will discuss other options.

If you have any concerns please call my rooms during office hours or my mobile number after hours. You will find it on the front of the card with your post op appointment details. If you can't locate it please call the hospital (numbers below) and they will contact me.

In the unlikely event that I can't be contacted and the problem is urgent please proceed with out delay to the nearest public Accident and Emergency Department.

Rooms: 83630677 St Andrews : 84082111