

Postoperative Instructions for **Uvulopalatopharyngoplasty**

1. Expect a severe sore throat. Pain worsens around the third (3rd) day and persists for about seven (7) days.
2. Ear pain is very common. There is nothing wrong with your ears. This is referred pain from your sore throat.
3. Drink a lot of liquids and eat soft foods. A major cause of pain is dehydration so have a bottle of water with you at all times!
4. No bending, lifting, or straining for three (3) days.
5. Take medications as prescribed.
6. No aspirin or Aspirin containing products.
7. Your throat will have thick, white patches where your tonsils were removed. This is not an infection. They will disappear with healing.
8. Low-grade fevers, less than 102 degrees Fahrenheit, are very common after uvulopalatopharyngoplasty. High, prolonged fevers should be reported.
9. Over-the-counter Chloraseptic lozenges or spray may help soothe your throat.
10. Gargle with warm salt water (1 teaspoon of salt in 1 cup of warm water) four (4) times per day.
11. Please contact the office one (1) or two (2) days after discharge to schedule a postoperative appointment. (Office telephone number: 610-376-9728, prompt 2 from a touch-tone telephone).
12. Please contact the office if bleeding occurs or if you have any other concerns.