

Wentworth Health Partners Head & Neck Specialty Group of NH

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Office Hours: Monday - Friday 8:00am - 5:00pm
www.headandnecknh.com

Uvulopalatopharyngoplasty (UPPP)

An uvulopalatopharyngoplasty is a surgical procedure done to treat severe obstructive sleep apnea. This procedure makes the airway at the throat opening wider. Soft tissues in the back of the throat and soft palate (uvula) were removed. If you have tonsils, they may have also been removed. Your throat will be quite sore for the next 1-2 weeks. You can expect to be out of work for at least 2 weeks, depending on the extent of surgery and what kind of work you do.

At home, follow these instructions:

- Try to drink at least 2 quarts of liquids each day. This should help with the pain. Liquids include water, Gatorade, flat ginger ale, etc.
- Avoid eating foods that may scratch your throat. This includes crackers, toast, potato chips etc.
- Take any pain medications as prescribed by the physician (FYI: continued use of narcotic pain medications can lead to constipation. If this occurs, drink a glass of prune juice before bed). If constipation persists, you can start MiraLAX.
- You will have to stay on a soft diet for 4-6 weeks after a UPPP. A soft diet includes foods such as custard, pudding, applesauce, Jell-O, broth, Popsicles, yogurt, ice cream, etc. After a few days as tolerated, you can advance to eggs, cooked cereals such as Cream of Wheat or oatmeal, and pancakes. Everyone is different so you may or may not be able to tolerate certain foods for a few days. Take it day by day.
- Ensure, Carnation Instant Breakfast, Boost etc. are excellent sources of any nutrients that you may not be getting.
- DO NOT suck from straws
- DO NOT use aspirin or aspirin products including Ibuprofen for 2 weeks after surgery.
- Rinse your mouth with clear water after meals. DO NOT gargle or use mouthwash.
- Limit activity and rest quietly for the first week. Avoid vigorous exercise, coughing, sneezing, clearing your throat, and vigorous blowing of your nose as bleeding may occur.
- Keep the head of your bed elevated and do not lie flat.
- It may help to take a daily multivitamin/mineral if tolerated.

After the first five days, you should expect to develop ear discomfort because the scabs are starting to come off.

Call the office if:

- You have a fever greater than 101°
- If bleeding occurs
- You have the chills or severe pain
- You have swelling or you are vomiting bright red blood for more than a couple of minutes
- If you have any other questions or concerns