



# GEORGIA CENTER *for* Ear, Nose & Throat

FACIAL PLASTIC SURGERY

## UVULOPALATOPHARYNGOPLASTY

1. **Diet.** Clear liquids are suggested for the first 24 hours. Avoid extremely hot or cold foods. You may increase your diet to soft and regular foods as tolerated. Foods with hard or sharp edges are to be avoided for at least two weeks. Be sure to drink plenty of liquids as this aids in the healing process. An average weight loss of 5 to 10 pounds may be expected.
2. **Activities.** You may speak in a normal tone of voice. Excessive talking or raising your voice may cause soreness. You may be up and around as tolerated. You are not on bed rest! No strenuous activities are permitted for 2 weeks, for example tennis, golf, aerobics etc. Most patients return to work in 10 to 14 days.
3. **Mouth Care.** Mix 1/2 cup of warm water with 1 teaspoon salt. Gargle with this solution 4 times a day to aid in healing. Keep the area clean and you may brush your teeth as usual.
4. **Discomfort.** Sore throat for up to two to three weeks after surgery is common. Pain medication should be taken every 4 to 6 hours: for the first 24 hours then use as needed. Place an ice pack on your neck, just below the ears, is also useful. Chloraseptic spray may also lessen the discomfort. After several days, you may experience ear pain. This is a normal part of the healing process. Pain medications will be refilled only during office hours!!!
5. **Other medications.** As with any surgery, infection is always a risk; therefore an antibiotic will be prescribed for you postoperatively. A steroid will also be prescribed to reduce swelling (these medications will be in liquid form). Medication for nausea will be prescribed to use as needed.
6. In case of an emergency **CALL 911** or our **Emergency After-Hours** at 678-902-9495. This will link you with our answering service. When to call: Fever over 102 degrees, profuse bleeding, your tongue becomes very sore or red, or you feel anything out of the ordinary.
7. Your **FIRST** post-operative visit will be 2 weeks after surgery.