



**Post-Operative Instructions**  
**Uvulectomy/Uvulopalatopharyngoplasty (UPPP)**

1. **PAIN** – is variable but usually significant with uvulectomy/UPPP. Do not perform any exercise, as this will increase the pain as well as the risk of bleeding. Do not plan any projects during the first week post-operatively for uvulectomy, 2 weeks for UPPP. Take pain medication prescribed with at least some food in your stomach – remember, the first night will likely bring some nausea from the general anesthetic, therefore no large meals. Pre-medicate with a viscous lidocaine gargle or Tetracaine lollipop prior to eating, after which, take a dose of the liquid pain medication prescribed (Lortab or Tylenol® with codeine). Most importantly, **you must continue to drink fluids**. Post-operative dehydration may result in an admission to the hospital for intravenous (IV) fluids!
2. **REST** – as above. No exercise or excessive bending or lifting as this will increase pain and the risk of bleeding.
3. **BLEEDING** – is the most dangerous risk following uvulectomy/UPPP. The critical times are the first 24 hours and 7-10 days following surgery (when the scabs fall off). Expect some bloody mucous from the nose and the back of the throat, especially during the first 24 hours. Abnormal bleeding would be filling a Kleenex in 1-2 minutes or coughing up large blood clots. **Call Dr. Jungkeit immediately at the number below** for further instructions if bleeding such as this occurs. Ice packs to the throat and gargling with **ice water** may decrease the bleeding while awaiting a return call from Dr. Jungkeit or the Physician on call. **DO NOT take Aspirin, Aspirin containing products, Ibuprofen, Advil, Motrin, Vitamin E, Gingko or any blood-thinning medication for 2 weeks** after surgery. **Soft, cool foods is crucial for 2 weeks** and will help to minimize the risk of post-operative bleeding for UPPP patients. Please follow the post-tonsillectomy diet.
4. **EXPECT** – throat pain to last at least 12-14 days with uvulectomy, 14 – 30 days with UPPP. Throat pain may last slightly longer in some patients. Also expect **ear pain** to occur in almost every case. This is known as referred pain, due to the main nerve supplying the throat stimulating a nerve branch supplying the ear canal.

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