

**SUBMUCOSAL PALATOPLASTY  
(VOLUMETRIC TISSUE REDUCTION  
OF THE PALATE)**

- Drink plenty of cold fluids, such as water, apple juice, and slushy drinks like slurpees or frappes.
- Increase diet to include soft foods as tolerated.
- Rest frequently; an excuse slip for work or school is available.
- Take pain medication as prescribed.
- Do not take aspirin or Ibuprophen or products with aspirin or Ibuprophen.
- Use a cool mist vaporizer to treat throat dryness.
- See your physician as scheduled following your procedure:

**Appointment:** \_\_\_\_\_

**POSSIBLE SIDE EFFECTS:**

- Temporary difficulty swallowing for 1 to 2 hours after the procedure due to the local anesthetic
- Throat pain, burning and earache
- Small white sores on palate

**CONTACT YOUR PHYSICIAN:**

- If you have severe pain, which is not relieved with your prescribed medication
- If you have a fever greater than 101.5° or a low-grade fever lasting more than 3 days
- If the sores on palate do not heal in 5 to 7 days
- If you have any questions or concerns

**301-989-2300**

- Dr. Hauck     Dr. Bianchi     Dr. Asher     Dr. Driscoll

If you call after normal office hours please follow the instructions on the recording, a physician will be contacted to return your call.

Comments: \_\_\_\_\_  
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