

**UVULOPALATOPHARYNGOPLASTY (UPPP)**

- Take your antibiotic as prescribed. Be sure to take your entire prescription of antibiotic.
- Take pain medicine as prescribed.
- DO NOT** take aspirin, Ibuprofen, or products containing aspirin or ibuprofen.
- Brush your teeth 3 times a day.
- Gargle and swish mouth every 4 hours with solution of 1 teaspoon of baking soda in 1 quart of water.
- Drink slowly; do not be concerned if some of the fluid occasionally comes out of your nose.
- Drink a lot of fluids.
- Advance your diet to include soft foods over the next 2 days.
- Rough textured foods should be avoided for 10 to 14 days.
- Rest for 2 days, and then gradually increase your activity.
- Take frequent deep breaths.
- See your physician as scheduled following your procedure:

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

**POSSIBLE SIDE EFFECTS:**

- You may feel drowsy and nauseated from the anesthesia.
- There is a possibility of bleeding. If this occurs, rinse the back of your throat with ice water. If bleeding does not stop, call your physician.
- You may have ear and throat pain for a few days.
- You may have a low fever for 3 days.
- You have stitches that will dissolve in 3 to 4 weeks.
- Your voice may sound nasal.
- You may have some nasal reflux.

**CONTACT YOUR PHYSICIAN:**

- If you have bleeding that does not stop
- If your pain is not controlled by prescribed pain medicine
- If you have a fever greater than 101°
- If you have any discolored (yellow/green tinted) nasal discharge
- 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: \_\_\_\_\_