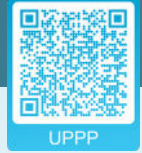


UVULOPALATOPHARYNGOPLASTY (UPPP)



WHAT IS UVULOPALATOPHARYNGOPLASTY (UPPP)?

Uvulopalatopharyngoplasty (UPPP) is a procedure that removes excess tissue in the throat to make the airway wider. This sometimes can allow air to move through the throat more easily when you breathe, reducing the severity of obstructive sleep apnea (OSA).

SYMPTOMS

- ▶ Trouble swallowing
- ▶ Swollen tonsils
- ▶ Trouble breathing
- ▶ Gagging

POST-OP INSTRUCTIONS

▶ **Pain:**

- ▶ Post-Operative pain may be significant amounts for some. You will be prescribed narcotic pain medication after surgery. Pain may be present for at least **7-14** days following surgery. Contact your physician if you need a refill on your pain medication.
- ▶ To help with swelling and pain, put a cold pack on your throat for about **15** minutes at a time.
- ▶ Do not lie flat. Make sure your head is elevated to reduce swelling.

▶ **Diet:**

- ▶ Due to pain and difficulty swallowing, you will likely be placed on a liquid/soft diet for the first few days. You should be able to tolerate a solid food diet by day **14**. Try to avoid dehydration, hard and dry food.

▶ **Physical Activity:**

- ▶ Physical activity should be avoided for at least **3** weeks.

▶ **Bleeding:**

- ▶ You will likely encounter minor bleeding post-op. If the bleeding is heavy or does not stop, please go to the nearest emergency department.