

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

UPPP – UVULOPALATOPHARYNGOPLASTY DISCHARGE INSTRUCTIONS

- 1.) Rest at home for the remainder of the day. You may resume normal activities in 2-3 days. No strenuous activity for 14-21 days. This includes any activity that will raise your heart rate or blood pressure.
- 2.) Avoid blowing your nose or clearing your throat for 10 days. If you have to sneeze, leave your mouth open.
- 3.) You will have a sore throat but swallowing is encouraged to keep the throat from becoming stiff. Drink plenty of fluids to keep the throat moving.
- 4.) You will notice dark old blood in your first bowel movement. Notify your doctor **IMMEDIATELY** if you notice bleeding in your throat 7-10 days following the procedure. If the amount of bleeding is less than a teaspoon this is okay. You can gargle with ice water. This will constrict the blood vessels and stop the bleeding.
- 5.) **DIET:** Begin with clear liquids. If these are tolerated well, advance to soft food in the morning. Avoid acidic or highly seasoned for 10 days.
- 6.) Normal symptoms that can occur and can be disregarded unless the condition worsens are:
 - a. Earache
 - b. Velopharyngeal insufficiency (VPI) this is when food and/or water leaks into your nose. This can occur for 1-2 weeks following surgery
- 7.) Because of the sedative drugs and/or anesthesia used during your procedure:
 - a. Do not drive or operate any heavy machinery for 24 hours & while taking prescribed pain medicine.
 - b. Avoid making important decisions or signing important papers for 24 hours.
 - c. Do not drink alcoholic beverages for 24 hours & while taking prescribed pain medicine.
- 8.) Please use your CPAP or BiPAP during sleep after surgery to support your breathing.
- 9.) If you develop any of the following symptoms, notify your doctor immediately:
 - a. Temperature greater than 100 degrees Fahrenheit.
 - b. Extreme pain not relieved by your prescribed medication, swelling, or excessive bleeding.
 - c. Shortness of breath
 - d. Inability to keep liquids down due to nausea and vomiting

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To reach the doctor:

1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "7".

If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room
505 Parnassus Ave.
(415) 353.1037

CPMC Emergency Room
Pacific Campus
2333 Buchanan St.
(415) 600.6000

San Francisco General Hospital
1001 Potrero Ave.
(415) 206.8111