

POST-OPERATIVE UVULECTOMY INFORMATION

Diet: You may want to stay on a liquid/puree diet for a week or more. You may resume your regular diet AS TOLERATED. It is advisable to stay away from citrus fruits and drinks since they may cause a burning sensation when ingested. Foods with sharp edges such as potato chips and pretzels may also be uncomfortable. By 2 weeks there should be no problems with eating any of the above items. **Drink plenty of fluids.**

Medications: It is usual practice to prescribe pain medication. You should take them as needed. Side effects are rare but may include nausea, stomach upset, rash, and hives. Please call the doctor if any problems are encountered with the medications.

Activity: No strenuous activity, heavy lifting, or vigorous activity for 1 week. After this period gradual increase to normal activity can take place.

Expected course after surgery: It is not abnormal to have sore throat. Pain may last up to 5 or 6 days after surgery before it begins to improve. By 10-14 days medications should not be needed. It is advisable to take the pain medication as prescribed and around the clock the first few days to prevent pain from occurring. By the 3rd day you may take it as needed. Keeping well hydrated by drinking a lot of fluids will help ease the discomfort.

A slight fever sometimes occurs after surgery. However, it should not persist past 3 days. If this occurs please notify the physician.

Bleeding may occur and is normal, but if bleeding excessively please notify the doctor right away.

A Uvulectomy may help decrease amount and sound of your snoring. Be aware that it is not a guaranteed cure for snoring or sleep apnea.