



ENT of Denver, P.C.

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UPPP (Uvulopalatopharyngoplasty) Surgery Instructions

General Pre-Op Instructions:

- We will call you the week before your surgery to confirm the time of your surgery and what time you will need to arrive. If preoperative studies are needed, we will give you instructions for this.
- To reduce potential complications, stop all aspirin-containing products 3 weeks prior to surgery, or as directed by Dr. Reichman or Dr. Miller. Other arthritis and pain type medications (Advil/Ibuprofen/NSAIDS) should be stopped one week before surgery. Tylenol is permitted. If you are taking any other type of blood thinner or platelet drug, please contact the office to determine when these medications should be stopped prior to surgery.
- **No food or liquids after midnight on the morning and day of surgery.** This is a strict instruction—the anesthesiologist will cancel your surgery if you have anything in your stomach. If your surgery is late in the day, the anesthesiologist may speak to you about having a light breakfast. You should hear from them the day before surgery.
- If you become significantly ill within the week before surgery, please call our office as soon as possible to determine whether the surgery should be rescheduled.

General Post-Op Instructions:

- Depending on your surgery, you may be required to stay overnight in the hospital. If you are allowed to go home the day of your surgery, you will need to arrange for someone to drive you home.
- If you feel nauseated after general anesthesia it should ease after a few hours. If you are still having trouble the next day, please call the office.
- Every surgery involves some pain. You will be prescribed the necessary pain medications to help you following your surgery. If your medication does not relieve your pain or if you have stomach irritation, nausea, or an allergic reaction (skin rash, itching, hives) call our office. Make sure that you take medications as directed and that you have some food in your stomach. Almost any medication will cause nausea if taken on an empty stomach.
- If you need a pain medication refilled, please make sure to call during office hours (before noon on Friday). You may need to come to the office to pick up the prescription. **‘On call’ physicians DO NOT refill pain medications.**
- Be sure to schedule and keep your follow-up appointment with Dr. Reichman or Dr. Miller. Our office will contact you for your follow up appointment. If you do not hear from us, then please call to schedule that appointment.

- Call our office or go to the ER if you experience persistent bleeding, a fever of 101 degrees or more, trouble breathing, or any other severe reaction.
- We realize surgery can be a confusing and stressful process. If you are concerned that something is not as expected, please feel free to contact our office.

Specific Instructions for UPPP:

What to Expect

- The most common issue is pain. This may be mild for 1-2 days and then can increase. It usually peaks at about 5 days and then improves over the next 2 weeks
- Voice changes and ear pain are normal
- Refluxing food out of your nose may happen as well.
- No heavy lifting - do not lift anything over 10lbs for at least 2 weeks
- You may continue using your CPAP following surgery, unless Dr. Reichman or Dr. Miller instruct you otherwise.

Diet

- Return to normal diet as tolerated. Non-acidic foods may be tolerated better initially.
- Drink plenty of fluids (2 large water bottles per day)– make sure your urine is clear, not yellow.
- It is ok to maintain a liquid diet for up to 2 weeks, but supplement your diet with protein shakes or other dietary supplements.

Medications

- You will likely be given at least three medications.
 1. A steroid to decrease inflammation and pain.
 2. Viscous Lidocaine to sooth the pain in the throat.
 3. Oral pain medication. Be aware that pain medications may cause drowsiness and constipation. You may take a stool softener to help with constipation. A prescription for nausea can be given if needed.
 4. It is possible that you will be given another form of anti-inflammatory medication