

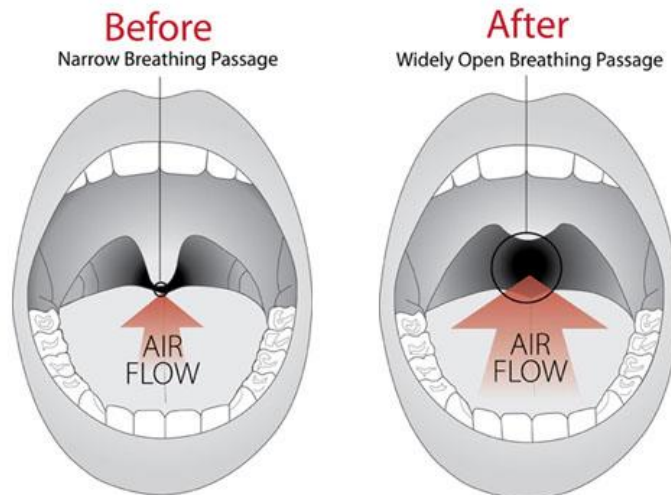


UPPP &
Tonsillectomy

February 20

2019

UPPP Surgery



Why is This Surgery Done?

Uvulopalatopharyngoplasty (UPPP) surgery is done to treat obstructive sleep apnea. Sleep apnea is when you stop breathing for a short time when you are asleep. The levels of oxygen and carbon dioxide may be abnormal in your blood. You may now snore very loudly, be restless during sleep, and be sleepy during the day. Your doctor may have suggested you lose weight, as most people with this condition are very obese. Medication may also have been tried. Alcohol and caffeine make the problem worse. **Your surgeon will remove your tonsils, uvula, and trim the lower edge of the soft palate.** Some patients require a temporary tracheostomy. This is a tiny hole in your windpipe. Your doctor will discuss this with you.

The Week Before Surgery

- Stop taking ASA (Aspirin). If in doubt, ask your nurse or doctor.

Immediately After Surgery

- When you return to your room, a nurse will check the back of your throat.
- You may be asked to rinse your mouth when you return to the floor. Do not gargle.

- Your nurse will bring you some ice water. **It is important to start drinking even though your throat is sore.** If you do not drink, your throat will become more painful, swollen and may start to bleed.
- You may be able to see stitches at the back of your throat. They will dissolve.
- It is normal for your throat to be painful after surgery for up to 2 – 3 weeks. The medication ordered by your doctor will be given to you.
- You may have an ice pack to help relieve the discomfort in your throat.
- If you are feeling sick to your stomach, ask the nurse for some medication.
- You may have oxygen on overnight.
- A machine to measure the oxygen in your blood will be slipped on your finger.
- The intravenous (I.V) will be removed when you are drinking well and not feeling sick to your stomach.
- It is important to talk but not excessively. This uses your throat muscles so that they do not become stiff.
- Do not cough, clear your throat, gargle or spit out. Swallow all your saliva. Only rinse your mouth when the nurse asks you to do so.
- Ring for the nurse to help you get up the first time. You may still be drowsy.
- Do not smoke.

At Home

Safety

- We ask that you go home with a friend or family member. You should not go home alone.

Discomfort

- Do not take Aspirin (ASA, acetylsalicylic acid). Your doctor will give you a prescription.

Do Not:

- Drink alcohol.
- Smoke

Food and Drink

- Drink at least 8 glasses of liquid each day.
- Start drinking clear fluids, then take milkshakes and puddings.
- Soft food such as mashed potatoes, macaroni and cheese, and eggs can be added.
- Continue to avoid foods with sharp edges.
- After the first week gradually increase your diet.
- Chew all foods well before swallowing.

Activity

- Avoid vigorous exercise, sports, dancing and sex for 2 weeks.
- Discuss attending a sport event that would be very exciting or taking a long trip with your doctor.
- Get plenty of rest.
- Your doctor will recommend when you can return to work or school and other activities.

Bleeding

- Bleeding can occur during the first two weeks after surgery.
- After the first week, a wet scab can be expected to come off and may cause a little bleeding.
- If bleeding continues, rest, apply cold compresses to your neck (ice collar) and rinse throat with small amounts of cold water.
- If bleeding does not stop, go to the Emergency Department of the nearest hospital.

Other

- You may see large white patches or coating in your throat. This is a temporary normal covering during the healing period. It is not a sign of infection.
- Report any high fever or unusual discomfort to your doctor.
- You will be given an appoint to see your doctor 10-14 days after the operation.
- It may take 6 months before you can see the benefits of your operation.

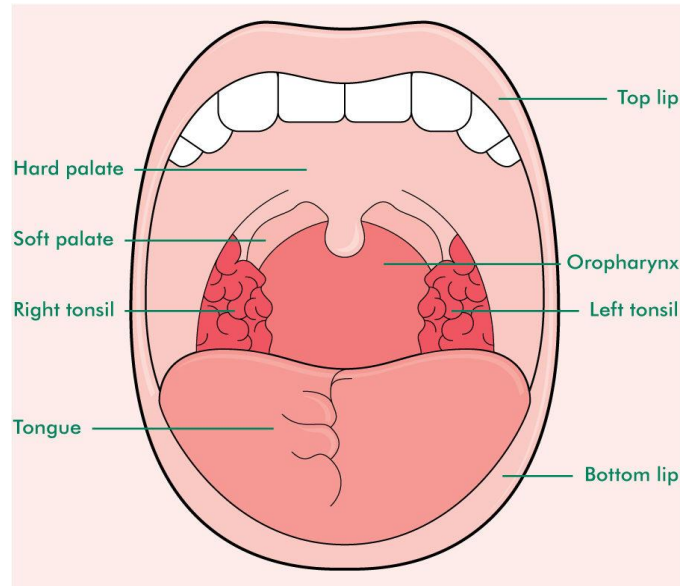
Do not hesitate to ask your nurse or doctor any questions.

We are here to help you.

Tonsillectomy

The staff on the in-patient ward are always available to help you after your operation.

The tonsils are on the sides of your throat. They are easily seen, especially if enlarged. They are usually taken out because of repeated infections.



Immediately After Surgery

- You may be asked to rinse your mouth when you go back to the nursing unit. **Do not gargle.**
- Your nurse will bring you some ice water. **It is important to start drinking right away even though your throat is sore.** If you do not drink, your throat will get more painful, swollen, and may start to bleed.
- Your throat will be painful. We will give you medication for pain.
- You may have an ice bag to help with the discomfort in your throat.
- If you are feeling sick to your stomach, ask the nurse for medication.
- The intravenous (I.V.) will be taken out when you are drinking enough and not feeling sick to your stomach.
- It is important to talk but not excessively (a lot). This uses your throat muscles so they do not get stiff.
- Do not cough, clear your throat, gargle, or spit out.
- Swallow all your saliva. Only rinse your mouth when the nurse asks you to.

- You will get clear fluids at meal times. Try to drink as much as possible. Over time, you will get milkshakes and puddings as you are able to eat them.
- You may eat whatever you feel you can swallow if it does not have sharp edges. Sharp edges on foods can catch on your incisions (cuts where your tonsils were taken out) and start bleeding.
- Ring for the nurse to help you get up the first time.
- You may still be drowsy (sleepy).
- Do not smoke. Smoking slows the healing process.

At Home

Safety

- You should go home with a friend or family member.
- You should not go home alone.

Discomfort

- Earache and throat pain for 2 – 3 weeks are normal and expected after surgery.
- **Do not take Aspirin® (ASA or acetylsalicylic acid), Advil®, ibuprofen, or similar medication).**
- Your doctor will give you a prescription for pain medication.
- You should also take Tylenol® regularly, following the package dosing instructions. Tylenol® helps the prescription pain medication work and may reduce the dose you need.
- Pain medications will not completely take away all pain, but will make it more tolerable.

For the Next 2 Weeks, Do Not:

- Cough and clear your throat
- Drink alcohol
- Laugh excessively
- Use saunas and whirlpools
- Take a hot bath or shower
- Eat foods hot enough to be uncomfortable in your mouth
- Use straws
- Smoke
- Sunbathe
- Gargle

Food and Drink

- Drink as much as possible (at least 2-3 litres a day). Do not stop drinking even if you find it painful (Your urine should be clear if you drink enough).
- Start drinking clear fluids, then take milkshakes and puddings.
- Soft foods such as mashed potatoes, macaroni and cheese, and eggs can be added.
- Avoid foods with sharp edges.
- After the 1st week, slowly increase your diet.
- Chew all foods well before swallowing.
- Do not use a straw.

Activity

- Avoid vigorous (hard) exercise, sports, and dancing for 2 weeks after your surgery.
- Do not take a long trip unless you and your doctor talk about the trip.
- Get adequate rest.
- Do not drive a car for 2 days.
- Your doctor will suggest when you can return to work or school.

Bleeding

- There is always a chance that bleeding can happen up to 2 weeks after surgery.
- After the first week, a white wet scab can be expected to come off and may cause a little bleeding.
- If bleeding continues, rest, apply cold compresses to your neck (ice collar) and rinse your throat with small amounts of cold water.
- If bleeding does not stop, go to the Emergency Department of the nearest hospital.

Other

- You may see a white coating or white patches in your throat. This is a temporary normal covering during the healing period. It is not a sign of infection.
- Report any high fever or unusual discomfort to your doctor as soon as possible.
- You will get an appointment to see your doctor 4 – 6 weeks after your operation.
- Return to the Emergency Department if you have not had anything to drink or have not peed for 24 hours or more (You may be dehydrated and need intravenous fluids).

If you have any questions, please ask.

We are here to help you.

Notes:
