

### **Uvulopalatoplasty (with or without tonsillectomy)**

When you wake up you will have an oxygen mask on and you should be feeling quite comfortable. You will be able to eat and drink after a few hours and you will be may be discharged the same day or stay overnight (depending on the nature of the planned procedure). A post operative review will have been arranged for you approximately 3 weeks after surgery.

**Pain relief:** Palate and throat surgery tends to be quite painful. Pain often begins on the first or second post operative day and can peak at around day 7 after surgery. This is variable. Some people report severe pain for up to 2 weeks. You will be prescribed a number of different analgesics, anti-inflammatories and occasionally antibiotics. You may need to contact your surgeon to obtain more medications during the recovery period if you are running low.

**Diet:** It is best to eat soft foods such as pasta and soup for the first 24-48hours. After that eating and drinking as normal is encouraged. If pain is severe, it is most important that fluids are maintained to avoid dehydration. Most patients will lose some weight during the post-operative period. In the first few days, fizzy drinks may come up through the back of the nose. This is common and almost always temporary.

**Bad breath:** Some smelly odour/bad breath is quite common in the first 1-2 weeks post-surgery which will settle with time.

**Bleeding:** Some mild blood mixed in saliva is not uncommon - although it is rare for bleeding be very heavy. If this is occurring let your surgeon know.

**Persistent snoring:** In the recovery phase (first 1-2 weeks) there may be worsening snoring due to the swelling from the surgery. This should slowly improve over a few weeks but may only become noticeably quieter after a few months.

**Return to normal activity:** Most patients can return to work after 10-14 days. Some may work from home sooner. Strenuous activity such as gym or running is generally best avoided until your post operative review.

### **When to contact your surgeon:**

In the setting of high fever ( $>38.5$  degrees)

Continuous bleeding from the nose or throat

When you are in need of strong analgesia but are running low on medications