



Instructions For The Day Of Surgery

- Do not eat or drink anything for the four hours prior to your appointment time.
- Avoid medicines that contain ASPIRIN for at least 10 days before and after surgery.
- Bring a driver with you, or arrange for a ride; it should take approximately 1 hour.

Once You Are Home...

- Take pain medicine as needed, along with the Medrol Dosepak. Take the Medrol tablets with some food.
- Use Chloraseptic throat spray in your throat to help with discomfort. You may use this every hour and obtain it over the counter at your pharmacy.
- **Do NOT take Aspirin or Ibuprofen.** If you do not need the prescription medicine, take only acetaminophen (Tylenol).
- If bleeding occurs, gargle with ice water; call if bleeding does not stop.
- You may also experience some ear pain; this is normal, and will resolve with time and pain medicine. Chewing gum can also help with alleviating ear discomfort.



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SNORING

Uvulo Palatoplasty

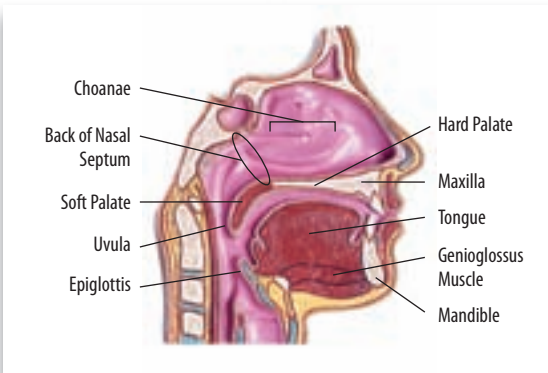
(UPP)

An in-office treatment for snoring.

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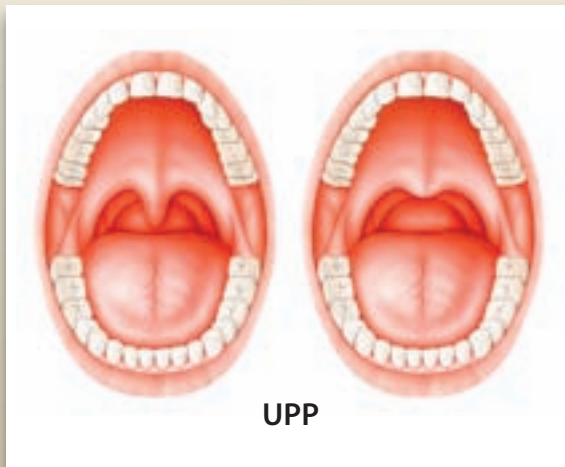


What are some of the benefits of UPP?

Since the procedure is done in the office setting, it is convenient, safe, and cost-effective. There is no need for an overnight stay at the hospital, and you can usually be back to limited activities in 3 days. You can be back to unlimited activities in about 10 days.

Are there complications?

As with any surgery, complications, although rare, may occur. Bleeding is unusual, but can occur as the tissue heals. Snoring may persist and more palate tissue may need to be removed in the future. Also, additional surgery of the nose and tongue is rarely needed. Rarely an inadvertent area in the throat, or on the skin, may be accidentally burned. Some patients experience a mild change in their voice, or note a difference in the way they swallow. Foods, and especially liquids, may tend to hang up, or come into the nose. These changes are usually short lived but could be permanent. Difficulty playing musical instruments such as the trumpet and trombone have also been reported.



What is UPP?

Uvulopalatoplasty (UPP) is a treatment for snoring that utilizes cautery to remove tissue in the throat that causes most snoring.

How effective is this procedure?

UPP is almost 90% successful in stopping snoring. There are other causes of snoring, including the back of the tongue, large tonsils, or excess tissue lower down in the throat, and these areas may explain why a person may continue to snore even if some of the palate and uvula are removed. Also, nose obstruction can cause snoring.

Are special tests needed?

Many people snore, and a more serious form of snoring may exist that includes periods of breath-holding, called Obstructive Sleep Apnea (OSA). If it is suspected that there may be apnea, then a sleep study may be suggested. This will evaluate breathing during a full night of sleep.

Is UPP painful?

The procedure will result in a sore throat that may persist for 7 to 10 days. Pain relievers will be prescribed along with Medrol, a medicine to help with healing.

How long will it take to get back to normal activities?

Usually one can expect to be back to work in about 3 days. You should avoid strenuous activities for one week while the throat heals.

What can I eat afterward?

It is important to drink plenty of liquids which are not overly hot or cold. Avoid hard scratchy foods for 10 days, and stick to a softer diet until healed.



How long does the procedure take to perform?

The actual procedure takes approximately 30 minutes to perform. It will usually take approximately 1 hour from the time you arrive until you are able to go home.

What can I expect when I arrive?

Your throat will be sprayed with a numbing medicine, and a small amount of numbing medicine will be injected into the area to be removed.