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*Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL*

## ***Uvulopalatopharyngoplasty (UPPP)***

### ***Tonsillectomy and/or Uvulo-palato-pharyngo-plasty (UPPP)***

*You have been scheduled for surgery to remove the tonsils and/or shorten the palate in the back of the throat. The following instructions should answer most of your questions about what to expect after surgery.*

#### ***After Surgery:***

- Plan to limit your activity for 10 days after surgery. This means no heavy lifting or straining, and no strenuous exercise. Children should stay out of school about 5 days, and should not participate in sports or other physical education for 10 days.*
- Discomfort after surgery is expected, and it is usually the worst by the third or fourth day. You will have a prescription for pain medication, and you should not hesitate to use it regularly for the first few days as directed.*
- If you are having a UPPP, you may also get a prescription for steroid pills to take for about a week after surgery. These help to reduce swelling in the throat and palate area.*
- A small amount of blood-stained mucus or saliva is not unusual in the first week. However, if bleeding is bright red, excessive, or prolonged, please call the office for further instructions.*
- Be sure to drink plenty of liquids. Cool, clear liquids (water, Gatorade, clear juices) are best, and you should keep a glass or bottle with you all the time while you are awake. Avoiding dehydration is important to speed recovery, to reduce pain, and to reduce the risk of bleeding. (A Note To Parents: Dehydration is the most common problem after tonsillectomy in children. It is very important to be sure your child is drinking liquids after surgery!)*
- You should avoid foods that are hot or acidic for 5 - 7 days. Generally, you should start with soft foods and advance your diet as tolerated.*
- When lying in bed, keep your head and shoulders elevated above your hips. This will help reduce swelling and discomfort.*
- Ear pain is common after surgery because one of the nerves to the ear passes near the tonsil area. It does not mean you have an ear infection.*