

## Dr Arjuna Ananda

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### EAR NOSE & THROAT SURGEON

ABN: 64105357168

## Post-operative instructions following UPPP:

Uvulopalatopharyngoplasty (UPPP) is a surgical procedure for the treatment of Obstructive Sleep Apnoea (OSA). OSA is a breathing disorder that occurs during sleep. The muscular relaxation that occurs in the deepest stages of sleep can permit the soft palate and tongue to drop backwards causing a temporary closing of the breathing passage.

In UPPP, soft tissue on the back of the throat and soft palate (the uvula) is removed. The Tonsils and possibly other excess tissue may also be removed, if present. The procedure increases the width of the airway at the throat opening, improves the opening ability by interrupting muscular action, and “squares off” the palate to enhance its movement and closure.

After surgery you can expect a **raw surface** across the back of your throat. Like any raw wound healing, this occurs in the form of slough or white areas. This healing can take up to 3 weeks to heal. To keep the wound clean warm salty water can be gargled gently.

**Pain** relief medications will be prescribed on the day of surgery. Try and take this medication half an hour before meals to make eating more comfortable.

**Do not take aspirin** or medications containing aspirin 2 weeks before & after surgery, if you are unsure about a medication please contact us.

**Ear pain** is not uncommon after surgery; it is not a problem with the ears but is a referred pain from the throat area. Chewing gum can help with the discomfort.

**Throat pain** is normal and expected following surgery. It can be more severe around days 5-9. Swallowing will be painful. It is very important that you maintain a high intake of fluids. This will keep your throat moist and will help reduce pain. It will also keep you hydrated.

Eat foods with a slight abrasive quality (e.g. vegetables, cereal etc.) Soft foods such as ice-cream and jelly are fine but cannot be used as a supplement for diet.

An elevated temperature is common; a cool compress around the neck and sucking on ice chips may help. It is important to take any antibiotics prescribed to you by your surgeon.

**Bleeding** from the raw surfaces can occur up to 2 weeks after the operation. If bleeding persists for more than 15 minutes please telephone the rooms otherwise please attend your closest emergency department, preferably **Royal Prince Alfred Hospital or Concord Hospital**.

Please **do not fly** for a period of 2 weeks post your procedure.

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Sub-speciality interests:

Sinus surgery  
Skull base surgery  
Sleep apnoea  
Rhinoplasty

