



UPPP/HYOID SUSPENSION

POST OPERATIVE INSTRUCTIONS

770-427-0368

WHAT TO EXPECT

- Pain after sleep apnea surgery is expected and may last up to 14 days after surgery.
- Low grade fever is common
- Bad breath
- Ear pain – this is not a sign of an ear infection.
- Discolored patches in the throat

BLEEDING

- Bleeding may occur at any time after surgery. This is a sign of a scab or eschar separating from the healing area in the throat. This usually is a small amount and stops in a few minutes. Ice chips may be used. If bleeding is not controlled or is a large amount, call and/or go immediately to the hospital emergency room. Blood in the stomach may cause vomiting.

MEDICATION

- Use prescribed pain medication as needed. Do not use Tylenol at the same time – the prescription pain medication contains Tylenol.
- Avoid Advil, Motrin, or other anti-inflammatory pain medication due to possible increased bleeding risk.
- Antibiotics are not usually prescribed due to side effects.

ACTIVITY

- Activity should be greatly reduced.
- Gradually increase activity as tolerated but avoid strenuous exercise and traveling for 2 weeks.

DIET

- Start with clear liquids, advancing as tolerated to a soft diet. Maintaining fluid intake is important in the recovery period.

POST OP APPOINTMENT

- Usually 2 weeks after surgery. If a neck drain is used your surgeon will give you specific instructions.

WHEN TO CALL

- Call office during routine hours for questions, concerns, changes or refills of any medication. Make sure there is enough pain medication to avoid after hours calls.
- After hours calls should be limited to urgent problems such as excessive bleeding, allergic reactions, or fever that does not respond to fluids and Tylenol.