

UPPP (Uvulopalatopharyngoplasty)

General information:

- ◆ The uvula, tonsils and palate can contribute to sleep apnea.
- ◆ Removal of these structures are aimed at improving the oral airway in order to improve breathing.
- ◆ Indications for this surgery include: obstructive sleep apnea and loud snoring

Procedure considerations:

- ◆ UPPP surgery is generally a 1 hour surgery.
- ◆ This type of surgery is always preformed under general anesthesia.
- ◆ There is always pain associated with surgery. The pain associated with this surgery lasts up to 2 weeks. Proper use of the pain medication provided is strongly suggested and will help with the post-operative pain.
- ◆ The older the person the more significant the post-operative pain.
- ◆ Follow-up is generally two weeks post surgery.
- ◆ UPPP surgery can eliminate sleep apnea, but CPAP use post surgery is essential to help with healing.
- ◆ Generally, patients undergoing UPPP will be observed overnight.
- ◆ Alternatives to UPPP surgery include use of CPAP, weight loss, or dental devices.

Risks of surgery:

- ◆ All surgeries have risks and only the most important are listed here.
- ◆ There is a risk of bleeding with any surgery. Bleeding is the most significant risk associated with this surgery. Bleeding can occur 5-10 days after surgery as the scab in the back of the throat dissolves. Sometime this is scant bleeding that stops/resolves very quickly. Occasionally it is more significant and a second operation is required to stop the bleeding. Please contact the office immediately with any concerns of bleeding. If for any reason you are unable to reach the office, please either dial 911 or go immediately to the emergency room.
- ◆ There is a risk of infection anytime any surgery is done. Signs of infection include fever, night sweats, unusual pain, or discharge of thick pus from the nose. Please report concerns of infection to the office.
- ◆ Rarely this surgery can result in fluids refluxing into your nose post surgery. Generally this is a very limited problem, but it has been reported to be permanent in some cases.
- ◆ Rarely after surgery abnormal scarring can cause a permanent separation of the nose and mouth. This is called “nasopharyngeal stenosis” and may require a second operation to correct.
- ◆ Some change in the tone of the voice is expected post surgery.
- ◆ Post operative breathing problems have been reported and even associated with death. This is why, in general, you are observed overnight post surgery.

Post Surgery Instructions:



- 1.) Rest at home for the remainder of the day. You may resume normal activities in 2-3 days. No strenuous activity for 14-21 days. This includes any activity that will raise your heart rate or blood pressure.
- 2.) Avoid blowing your nose or clearing your throat for 10 days. If you have to sneeze, leave your mouth open.
- 3.) You will have a sore throat but swallowing is encouraged to keep the throat from becoming stiff. Drink plenty of fluids to keep the throat moving.
- 4.) You will notice dark old blood in your first bowel movement. Notify your doctor IMMEDIATELY if you notice bleeding in your throat 7-10 days following the procedure. If the amount of bleeding is less than a teaspoon this is okay. You can gargle with ice water. This will constrict the blood vessels and stop the bleeding.
- 5.) DIET: Begin with clear liquids. If these are tolerated well, advance to soft food in the morning. Avoid acidic or highly seasoned for 10 days.
- 6.) Normal symptoms that can occur and can be disregarded unless the condition worsens are:
 - a. Earache
 - b. Velopharyngeal insufficiency (VPI) this is when food and/or water leaks into your nose. This can occur for 1-2 weeks following surgery
- 7.) Because of the sedative drugs and/or anesthesia used during your procedure:
 - a. Do not drive or operate any heavy machinery for 24 hours & while taking prescribed pain medicine.
 - b. Avoid making important decisions or signing important papers for 24 hours.
 - c. Do not drink alcoholic beverages for 24 hours & while taking prescribed pain medicine.
- 8.) Please use your CPAP or BiPAP during sleep after surgery to support your breathing.
- 9.) If you develop any of the following symptoms, notify your doctor immediately:
 - a. Temperature greater than 101 degrees Fahrenheit.
 - b. Extreme pain not relieved by your prescribed medication, swelling, or excessive bleeding.
 - c. Shortness of breath
 - d. Inability to keep liquids down due to nausea and vomiting