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Post-operative Instruction Sheet: Modified UPPP + Coblation Channelling Tongue

Uvulopalatopharyngoplasty (UPPP), or sleep surgery, is used to reconstruct or complete remove tissues present in the throat. The tissues that can be treated by this method are the tonsils, adenoids, uvula, soft palate, and pharynx. Coblation tongue channelling, is a surgical procedure that is used for reducing the size of the tongue.

Fluids

- Keep up oral fluid intake – eat soft solids if able to
- Aim for 40ml/kg per day
- Avoid hot fluids for the first few days
- Poor fluid intake causes dehydration, and may require return to hospital

Pain Relief

- Regular analgesics for the first week (e.g.: paracetamol)
- NO aspirin, nurofen or anti-inflammatories
- Earache is common for the first two weeks
- Antibiotics if prescribed take antibiotics as directed

Activity

- Quiet activity for the first few days
- No vigorous exercise for the first 2 weeks
- Use saline mouthwash for the first 2 weeks
- Bad breath is common for the first 2 weeks
- 'white patches' in back of the mouth is normal for the first three weeks

Bleeding

- Vomiting blood, coffee ground vomitus is common in the first 24 hours -this is blood swallowed during surgery
- Blood streaking in saliva is usual from day 5-7 after surgery
- Fresh blood ooze requires review by a doctor
- If you have any issues, please contact the rooms within business hours. If you have an emergency outside of normal business hours please present to the nearest emergency department.

Post-Operative Review

- Typically 4 weeks after surgery