



Northern Illinois ENT Specialists, LTD
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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

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:

- ◆ Take pain medication as directed/needed.
- ◆ Avoid aspirin containing products or blood thinners for two weeks post surgery.
- ◆ Avoid heavy lifting or exercise for two weeks post surgery.
- ◆ No flying for 3 weeks post surgery.

Post surgery instructions continued:

- ◆ Take any antibiotic or other medication if provided.
- ◆ To minimize pain and risk of bleeding stay well hydrated post surgery. This means drinking at least 64 ounces of fluid a day.
- ◆ A soft diet is recommended for at least 1 week post surgery. A soft diet consists of eating foods such as mashed potatoes, yogurt, scrambled eggs, and pudding.
- ◆ Avoiding overly salty, spicy, or acidic foods/drinks can help prevent unnecessary post-operative pain.
- ◆ Avoiding sharp foods like pretzel sticks, chips and nuts can help prevent post-operative bleeding.
- ◆ If you have a CPAP machine, please use it post-surgery unless otherwise directed.
- ◆ Additionally, sleeping in a more upright/reclined position is recommend for the first 4-5 days post surgery.