

## **Laser-Assisted Uvulo-Palato-Plasty (LAUP)**

### **Radio Frequency (RF) Uvulo-Palato-Plasty**

**Diet** (similar to T&A instructions)

#### **First day**

Avoid hot and highly seasoned foods (jalapenos, pepper, salsa etc.)

Maintain adequate hydration by frequent intake of milk, ice cream, water, tea, apple juice, jello, broth, etc.

#### **Second day**

Drink several glasses of water (lukewarm water is less irritating than cold)

Add soft foods as desired (jello, chocolate pudding, mashed potato, pureed vegetables, mashed boiled eggs, cottage cheese, etc)

#### **Third to fifth day**

Gradually resume normal diet but avoid hot foods, spicy or highly seasoned foods, potato chips, nuts, dry toast, pop corn and crackers until 1 to 2 weeks after surgery

### **Medications**

An antibiotic is usually prescribed for seven to ten days following the surgery. The patient also receives a prescription for painkillers in the form of codeine or hydrocodone. These products cause somnolence, drowsiness and constipation. Occasionally, Phenergan suppositories may be necessary for nausea or vomiting. A local anesthetic spray (Benzocaine) may be used topically to anesthetize the throat and relieve the pain.

### **General instructions**

\*Frequent coughing and clearing the throat should be avoided

\*Objectionable mouth odor may be noted and is relieved by abundant fluid intake

\*A white or gray membrane on the surgical site is normal and should disappear in 1 to 2 weeks

\*Patients who have undergone UPPP under general anesthesia will notice sutures in the soft palate. These do not need removal, they are absorbable sutures.

\*Earache or a slight fever is expected and may be disregarded unless condition worsens

\*Patient may return to work the day after surgery, however, one should not drive, operate machinery or make major decisions if taking painkillers

\*Do not use aspirin for 2 weeks; it increases the possibility of bleeding

\*Avoid drinking orange juice, grapefruit juice, and tomato juice for 1 week after the operation, they make the throat burn

### **Bleeding**

The danger of serious bleeding is over after you leave the office or hospital. In a small percentage of patients, bleeding may occur after 6 to 8 days. If this happens to you, do not become excited, for this bleeding usually stops spontaneously. Remain quiet, lie down, and spit the blood out gently. Gargle the throat gently with ice water and remain quiet. If the bleeding does not stop promptly, call your doctor. If the doctor is not available and bleeding continues, go to the nearest emergency room.

### **Follow-up**

Please return to follow up to be seen in the office as per the appointment that was given to you

**PHONE: 410- 554 4455 at our Union Memorial Hospital office, 433-444 4848 at our Good Samaritan Hospital office, 410-554 NOSE (6673) at our Lutherville Office**

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