

## **Discharge Advice**

### **UVPP / UPPP** **Surgery for Snoring**

#### **UVPP (Uvulopalatoplasty)/UPPP (Uvulopharyngopalatoplasty) / Snoring Surgery**

Both of these procedures involve surgery to remove excess tissue from the soft palate which is situated at the back of the throat. The UPPP procedure also involves the removal of the tonsils which are situated on either side of the soft palate at the back of the throat. A laser is frequently used during the procedure. The aim for both procedures is to improve the symptoms of snoring.

#### **After the surgery**

It is normal to have a lot of pain after the operation. This can last for up to 6 weeks. This will affect your throat, jaw and tongue. You may also have ear ache due to a connection between nerves to your throat and ears. You should take 2 weeks off work and get plenty of rest. Some patients require a further 3rd week off. A sick note can be given to you before discharge if required. Avoid crowded places to prevent picking up infections from other people, and stay away from dusty and smoky environments which can cause infections whilst your throat is healing. Cutting down or stopping smoking will help with the healing process and reduce the risk of infection.

You may have some nasal regurgitation when drinking which will usually settle in 2-3 weeks. Try to drink slowly to start with. Up to 30% of patients have a sensation of a lump in the throat. This will resolve as the swelling settles. Sleeping in a more upright position can help the swelling to settle more quickly. If you previously had a CPAP machine at night, check with the surgeon about using it after the operation.

#### **Pain**

It is very important to take regular pain killers after the operation. Your nurse will explain the medication to you before you go home. Swallowing will be painful so try to take your painkillers 30 minutes before eating. You may be advised to use medicated gargles or anaesthetic lozenges to help with pain control. If the pain becomes more severe or you develop a temperature you should see your GP as you may require antibiotics.

#### **Throat Appearance**

Your throat will look swollen and the uvula in the middle may be shorter / or absent. There may be whitish/grey areas which is normal as the throat heals. If stitches have been used these will be dissolvable. Patients will often have bad breath for a couple of weeks.

**Diet**

It is advisable to start with soft foods and build up to a normal diet. Avoiding very hot, cold or acidic foods initially can be helpful.

**Bleeding**

Some blood streaked saliva is normal for the first few days, but if you have continuing fresh bleeding from your mouth you must go to your nearest A+E Department where a member of the ENT team will assess you. You may require admission for a period of observation.

**Follow up**

A follow-up appointment will be arranged for 2-3 months after your operation.

**EMERGENCY DISCHARGE INFORMATION**

Should you require urgent advice you should contact

**09:00 to 17:00 Monday to Friday (excluding bank holidays):** Contact the ENT Treatment room on 01633 234018

**After 17:00/overnight (adults):** C0 01633 493926.

**In the event of an emergency, attend your closest Accident & Emergency department**

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”**