

POST-SURGICAL RECOMMENDATIONS FOR UVULOPALATOPHARYNGOPLASTY

Process: Care and Treatment | **Code:** CT-FO-133 | **Version:** 03 | **Approval Date:** May 19, 2016

GENERAL CARE

- Maintain relative rest; you may walk inside the house, watch television, or read. Do NOT exercise and do NOT take long walks until authorized by your doctor.
- You may bathe or shower normally.
- You may brush your teeth daily in a normal manner.
- If you smoke, you must avoid cigarettes because smoking delays the healing process.
- You may speak, although it is normal to experience some difficulty doing so for a while due to discomfort.
- Monitor the patient's sleep during the first night, as they may experience coughing or a choking sensation.
- Do not leave the city without your doctor's authorization.
- Avoid exposure to night air.

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and significant discomfort.
- You may eat soft foods with as little salt as possible as soon as tolerated. Avoid dark-colored foods (red, purple, etc.) during the first day.
- Consume cold liquid foods such as non-acidic juices, popsicles, and gelatin; prefer fruits like papaya, mango, guava, etc.
- Avoid consuming hard, toasted, or dry foods such as arepas, patacones (fried plantains), and packaged potato chips, among others, as these can cause increased bleeding and greater pain.
- Avoid consuming hot foods; cold or room temperature foods are preferred.
- A significant loss of appetite is normal due to difficulty swallowing. Stay positive! Insist on the recommended foods, as this will aid in a prompt recovery.
- Ensure abundant hydration, given that food intake will be minimal.
- After the stitches are removed from the surgical wound, it must be washed with plenty of soap and water. Before washing, ensure you practice proper hand hygiene to prevent surgical wound infections. If the ear canal still has cotton or packing tape (hiladilla), wash only the wound.
- Maintain good personal hygiene.
- Use good cleaning techniques in the room where you will be staying during recovery.

MEDICATIONS AND CARE

- Avoid gargling; it does not provide any relief and can cause bleeding.
- If thick saliva is produced, do not spit it out; it is preferable to swallow it, even if it causes some pain.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Consult your treating doctor regarding any medications you were taking before the surgery and their post-surgical administration.
- In case of pain, DO NOT self-medicate; consult your doctor.
- If you experience a severe and continuous headache, consult immediately.

DO NOT BE ALARMED

- It is normal to experience dark/black vomit from digested blood during the first day.
- It is highly likely that your saliva will increase in quantity, become thick, and be slightly blood-stained.
- Nasal regurgitation of food may occur during the first 4 weeks, with a gradual decrease.
- You may experience some difficulty speaking or swallowing, which is natural due to the inflammation caused by the surgery.
- You may experience a fever, not exceeding 38°C (100.4°F), generally lasting no more than 24 hours, during the first 2 or 3 days.
- The greatest discomfort occurs after 3 or 4 days, especially with an increase in pain.
- Decreased appetite.
- Changes in your voice.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Vomiting with bright red and abundant blood.
- Temperature reaching 38°C (100.4°F) or if fever persists after 72 hours.
- If the symptom of food regurgitation through the mouth and nose continues after the first 4 weeks, consult your treating otolaryngologist.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

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to your *senses*