

Dr James Deves

MB.BS., FRCS(Ed), FRACS
Ear, Nose and Throat Specialist
ABN: 43 002 215 643
Provider: 090025K
29 Hill Street Gosford NSW 2250



Operating at:
North Gosford Private 0090027J
Berkeley Vale Private 0090028X
Gosford Hospital 0090026Y

Phone: 02 4324 5677
Fax: 02 4324 5408
ent.gosford@people.net.au
www.entgosford.com

UVULOPALATOPHARYNGOPLASTY (UPPP)

This is an operation to widen the throat at the level of the tonsils and the palate, where there is tissue blocking the air passage. This surgery is required by patients who suffer from sleep apnoea and snoring. Sleep apnoea and snoring can result in chronic tiredness (which can be dangerous when driving), high blood pressure, and even heart attacks and strokes.

When you wake up from your operation you will have some plastic tubes called nasopharyngeal airways up each nostril. Occasionally patients with large noses may also have nasal packs as well. These will be removed the next morning. You will also have a humidified oxygen mask over your mouth and nose that makes a lot of noise. This will help keep your airways moist. You may also have a 'pain button' to push, which is connected to your drip, to help ease the pain in your throat. Most patients having this operation will stay in hospital for 2 nights.

POST OPERATIVE CARE

It is important that you resume a normal diet as soon as possible, and have a good fluid intake. Initially, soft foods will be easier to tolerate, but there is no restriction on what type of foods you can eat. Not eating and drinking will result in excessive throat pain. If possible, try to take your pain relief about half an hour before your meals to make eating more comfortable. To help ease your throat discomfort, it is recommended that you use Cepacaine mouthwash regularly. This can be diluted if you cannot tolerate full strength. It is important to maintain good oral hygiene with regular brushing and gargles. It is normal for your mucous to be blood-stained during the post-op period, but any excessive bleeding should not be ignored.

This can be a very uncomfortable operation. It is important to take regular pain relief. If the medication you are taking is not strong enough please contact the rooms so it can be reviewed.

If you experience excessive pain, discharge, bleeding from the ear, or any other symptoms that concern you, please contact the rooms during business hours (02 4324 5677). After hours, please contact the hospital where you had your surgery (NGPH 02 4324 7111 or BVPH 02 4389 1970) and talk with the staff as they can contact Dr. Deves if there are any problems.

We wish you a speedy recovery.