

UPPP Post Op Education



Expect:

- Throat Pain
- Ear Pain
- Low-grade fever
- Bad breath
- White patches in back of throat and tongue

Diet

- Regular diet is fine
- Encourage fluids as dehydration makes pain worse

Instructions

- Avoid strenuous activity for two weeks. Nothing that would elevate blood pressure
- Avoid aspirin for two weeks
- Take any pain medication as prescribed.
- Plan to avoid school and work for at least two weeks
- In the event of oral bleeding: (Risk of bleeding is for two weeks)
 - Gently gargle ice water in the back of the throat
 - Go to ER to receive care
- Follow-up in one to two weeks
- Other _____