**PALATE AND PHARYNGOPLASTY/ POST-OP INSTRUCTIONS**

**WHAT TO EXPECT:**

- Throat pain will *peak* at 2 to 4 days after surgery and then decrease. The first week is the worst.
- Your ears may hurt – this is normal.
- You may snore more initially for 1-2 weeks.

**ACTIVITY:**

- Return to work depends on the nature of your surgery and your work. Ask your surgeon about what is right for you.
- Sleep with the head of your bed elevated. A reclining chair may also work well. CPAP use is recommended as tolerated if applicable.

**DIET:**

- Stay well hydrated with water, popsicles, sport drinks, broth, jello, milk, soups, smoothies. Light yellow urine is a sign of good hydration.
- Eat a soft, semi-liquid diet that can be swallowed easily. Avoid things that are hard to swallow, sharp, or crusty.
- Food may “hang up” at the back of your throat/tongue or pass more slowly. This will likely improve over a few days. Eat sitting upright. Go slowly with small bites.
- Remember *(B.S.C.S.)*: Breathe...Swallow...Clear Throat...Swallow again.

**MEDICATIONS:**

- Take your pain medications on a scheduled basis to maintain the best pain control for the first 3-5 days.
- Resume your regular medications unless otherwise advised.
- Avoid alcohol, driving, or operating machinery while on prescription narcotics.

**NOTIFY YOUR SURGEON IMMEDIATELY IF:**

- Bleeding, SEVERE or INCREASING pain, difficulty breathing, Fever over 101° F, or chest pain

**FOLLOW-UP APPOINTMENT IN 7 TO 14 DAYS:**

The follow-up time is listed on your discharge summary or your team will designate a specific date for you to follow-up.