Post-Operative Instructions
after Uvulectomy (Snoring Surgery)

1. Expect throat pain and soreness of the throat to slowly resolve over the next several days.
2. Avoid coughing or frequent clearing of the throat. This can stimulate bleeding. If you experience heavy bleeding, contact the doctor immediately.
3. A white or gray membrane can form over the surgical site and is normal. This usually disappears in 1-2 weeks.
4. You may note a bad taste or objectionable mouth odor.
5. Sutures dissolve on their own. They do not require removal.
6. Unless you have a heart condition, avoid aspirin for the next two weeks as it increases the possibility of bleeding.
7. If throat swelling worsens to the point were breathing becomes difficult, contact the doctor immediately or go to the nearest emergency room.
8. Take all medications as prescribed. The combination of antibiotics, pain medications and drainage can cause an upset stomach. If stools become loose or you have nausea and vomiting, contact our office.
9. Make sure you drink plenty of water and keep well hydrated. Avoid hot and highly seasoned foods for the first 3-5 days. You can advance you diet to more regular foods as you can tolerate.
10. You may return to work the day after surgery; however, you should not drive, operate machinery or make major decisions if taking painkillers.

Sometimes the after effects of surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification.

Our number is 814-235-7700.