



LASER-ASSISTED UVULA-PALATOPLASTY (LAUP) AND TONSILLAR ABLATION POST-OPERATIVE INSTRUCTIONS

ACTIVITY

You can return to work the same day.

DIET

Soft diet for 1-10 days following the procedure (or longer if you have a sore throat). A soft diet includes soup, yogurt, custard, pudding, Jello, scrambled eggs, mashed potatoes, and other foods of this type. Liquids are encouraged and are very important for healing. Avoid citrus juices. Drink flat, room temperature carbonated beverages. Milk products increase phlegm. Do not eat anything too hot or too cold.

MEDICATIONS

Take all medication with food and not on an empty stomach.

Ampicillin Elixir 250mg or Erthromycin PCE 250mg four times a day for 7 days, or any other antibiotic the physician orders for you.

Tylenol Elixir or Tylenol with Codeine Elixir every 3 to 4 hours for 7 to 10 days as needed. (If taken regularly the pain will be nicely controlled.) The codeine may cause constipation and nausea.

Chloraseptic Lozenges or Cepecol Lozenges may also be used every 2 hours as needed for pain relief. No Coumadin, Aspirin, Motrin, or any product containing blood thinning agents for seven days following the procedure.

Gargle with 1 teaspoon of peroxide in a cup of water twice a day for two weeks.

ADDITIONAL INSTRUCTIONS

If you have sleep apnea, please continue to use your CPAP mask after each treatment. The CPAP remains necessary until the laser procedures are completed and a repeat sleep study is done.

If you experience any excessive bleeding or severe pain, please contact your physician at (708) 216-8000 Monday thru Friday, 8:30 A.M. to 5:00 P.M. At night or on weekends, please contact the physicians' answering service at (708) 216-8000.