

# EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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## LASER-ASSISTED UVULOPALATOPHARYNGOPLASTY (LAUP) SURGERY

*>>PATIENT INSTRUCTIONS >>*

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** surgery. By following them carefully, you will assist in obtaining the best possible results from your surgery. If questions arise, please contact our physicians or nurses.

### PRE-OPERATIVE:

- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- As this surgery is often done under topical and local anesthesia, you may have a small sip of water in the morning prior to you surgery but nothing more.
- Your physician will provide you with prescriptions for medications to take at home following the surgery. Please be prepared by filling these prescriptions prior to your surgery. Take only the medications prescribed by your physicians. Call our office at 610-363-2532 if you have any questions about your procedure.

### POST-OPERATIVE:

- Any pain medications prescribed by our physicians are safe to use in the postoperative period. Moderate to severe pain and slight fever are common for a period of one to two weeks after the procedure. Some ear discomfort is normal and should be expected. Please call our office if you have a temperature over 100.5 degrees.
- Your diet should be kept soft and bland for seven to ten days following the procedure. Please make sure you're drinking the equivalent of at least eight large glasses of water per day. Avoid carbonated, very cold or very hot beverages. Also avoid acidic foods, such as orange juice, and avoid excessively salty foods. Thereafter, gradually increase your diet as you can tolerate it, at all times maintaining proper fluid intake.

- Patients generally experience some regurgitation of fluids into the nose when swallowing after surgery. This will clear with healing and normal physiologic compensation. If this is a problem, thicker fluids would be advisable in conjunction with a pattern of slower swallowing.
- Expect most of the discomfort to occur five to ten days after the procedure. There is almost always some ear discomfort. This is normal and is to be expected.
- After surgery, snoring may be louder until the swelling has regressed or until the appropriate number of procedures that are required for you have been completely performed. Do not be alarmed if your partner complains of louder than usual snoring after your procedures.
- Using a bedside humidifier may help reduce throat discomfort, especially in cold weather or if your bedroom environment is dry.
- If gargling is authorized by your physician, gargle with a mixture of one tablespoon of peroxide in a cup of warm water three to four times a day for a period of two weeks. This will help relieve objectionable mouth odor. Otherwise, avoid gargles. Chloraseptic spray three or four times a day is also helpful in relieving discomfort and lessening mouth odor.
- Prescriptions that were given should be taken as directed. These will include an antibiotic (which is usually given as a suspension), a decreasing dose of steroids, viscous Xylocaine (a gel-like liquid which anesthetizes the throat and should help relieve pain) and Carafate suspension. For pain, elixir of Tylenol with codeine, Lortab elixir or Percocet can be taken every three to four hours as needed. OxyContin may be prescribed and is taken every 12 hours. If you are experiencing any bleeding or severe pain that is not relieved by the medications, please contact our office.