



G CHEE
EAR • NOSE • THROAT
SINUS & DIZZINESS CENTRE

UVULOPHARYNGOPALATPLASTY

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You have had a Uvulopharyngopalatoplasty (UPPP) done. This information sheet will help you understand what you might experience in the following few days as you recover from your surgery

1. Pain – Sorethroat is to be expected. However, the pain will be mild for the first 1 to 2 days after surgery. It will get more intense from day 3 and peak about day 5 after surgery. In most patients, the pain will resolve one week to 10 days after it starts. Sometimes, the pain will radiate to the ears and will resolve when the sorethroat resolves.
2. Bleeding – As you have been informed prior to surgery, there is a 4 to 5% risk of bleeding from the tonsillar wound. If this occurs, it usually happens between day 3 and day 10 after surgery. If the bleeding is brisk and profuse, please contact me at 90033419 immediately.
3. Bad breath – this arises from the dead tissue of the raw wound. It is temporary and resolves once the wound heals in 2 weeks.
4. Nasal blockage – you may notice that you can breathe in through your nose but not out. This is because your soft palate is swollen and floppy and acts as a one-way valve. This is temporary and may last from 1 to 2 weeks.
5. Stitches in the throat – there may be stitches (usually blue in color) in the throat. They will dissolve or fall away over time. You might experience tickling in the throat when you swallow.

Things You Should Do

1. Take your pain medications as prescribed, even if the pain is mild.
2. Drink plenty – at least 2L a day for adults.
3. Eat soft foods eg. noodles, soup, ice-cream, porridge etc
4. Rest well. Turn on your side when you lie down. It may help relieve some nasal blockage.

Things You Should Not Do

1. Cough too hard. It could set off bleeding
2. Eat hot, spicy, sourish, fried foods
3. Exercise hard
4. Take the medications more than prescribed

If there are any queries, please email at gchee@gcheeent.com or text me at 90033419.

Prepared By Dr Gerard Chee

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