



SCENT
SOUTH - COAST - EAR - NOSE - THROAT

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POSTOPERATIVE INSTRUCTIONS FOR “UPPP” SURGERY

1. Resume regular activities two (2) days after surgery.
2. Soft diet for the first two to three (2-3) days (avoid citrus and spicy food).
3. Drink plenty of liquids, stay away from alcohol for two to three (2-3) days.
4. Sleep with your head elevated for several days.
5. Gargle gently with diluted salt water every six (6) hours for one (1) week.
(2 teaspoons salt to 1 cup water)
6. You may brush your teeth and use diluted ALCOHOL FREE mouthwash as necessary.
7. Your throat will look somewhat reddened with a white coating. This is normal. You may have occasional blood tinged saliva. This is also normal.
8. Your physician may provide you with a prescription for pain medication and antibiotics. Take them as prescribed.
9. Call the office if you are experiencing:
 - Excessive pain with inability to swallow.
 - Fever greater than 101.5.
 - Continuous bleeding or vomiting.
 - Difficulty breathing.
10. Be sure return for your follow-up appointment for post operative check.