
POST-OPERATIVE INSTRUCTIONS: COBLATION/UVULECTOMY FOR SNORING

- Expect throat pain and soreness of the throat to slowly resolve over the next several days.
- Avoid coughing or frequent clearing of the throat. This can stimulate bleeding. If you experience heavy bleeding, contact the doctor immediately.
- A white or gray membrane can form over the surgical site and is normal. This usually disappears in 1–2 weeks.
- You may note a bad taste or objectionable mouth odor.
- Sutures (if needed) dissolve on their own. They do not require removal.
- Take ibuprofen (Advil®) 400 mg every 4 hours starting as soon as you get home for the first 2 days. Use acetaminophen (Tylenol®) 650 mg every 4 hours if you have been advised not to use ibuprofen type medications.
- If throat swelling worsens to the point where breathing becomes difficult, contact the doctor immediately or go to the nearest emergency room.
- 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 one of our offices.
- Make sure you drink plenty of water and keep well hydrated. Avoid hot and highly seasoned foods for the first 3–5 days. As your tolerance increases, you can advance your diet to more regular foods.
- You may return to work the day after surgery; however, you should not drive, operate machinery or make major decisions if taking narcotic pain medication.