



SUMMIT

• HEARING ASSIST, LLC •
PROFESSIONAL HEARING SERVICES

Post Operative Instructions for Palate Surgery for Sleep

Expected Signs and Symptoms

- May have sore throat for 7-10 days
- May have temporary alteration in voice
- May have objectionable mouth odor
- May have low-grade temperature up to 100° F
- May have ear discomfort, especially on swallowing
- May have small amount of pink drainage

Unexpected Signs and Symptoms

- Persistent fever over 100° F
- **Bleeding:** May be indicated by bright red blood from the nose or mouth, continuous swallowing as blood is trickling down throat, or vomiting dark fluid and clots. If continuous bleeding is suspected, the best thing to do is:
 1. Remain calm
 2. Gently rinse the throat with ice water
 3. Lie quietly and gently spit the blood out
 4. Notify the doctor if bleeding persists beyond 20 minutes

Activity

- Keep quiet and indoors for the first week
- Encourage quiet activities
- Avoid sneezing, coughing, clearing the throat, and vigorous nose blowing
- May return to school/work in 7 to 10 days as ordered

Discomfort

- Tylenol or prescribed pain medication every four hours for sore throat
- Ice collar or cool compresses to throat if necessary
- Cool-Mist vaporizer to keep mucous membranes moist during periods of mouth breathing
- Avoid use of Aspirin, may use Aspergum after 5 days

Oral Hygiene

- Rinse mouth with warm saline solution, avoiding the use of gargles or vigorous tooth brushing
- Suck on hard candy or lozenges to keep mouth moist
- Apply petroleum jelly to chapped lips or nose

Diet

- Encourage fluids, at least 1 cup per hour when awake. Better to sip throughout the day rather than wait for specific mealtimes.
- Cool liquid diet for day one, such as ice cream, popsicles, and jello
- Advance to soft diet as tolerated such as custard, bland cereal, creamed soup, mashed potatoes, and poached eggs
- Avoid acid foods, such as citrus fruit, orange, grapefruit, and tomato juice
- Avoid foods that may irritate the wound area such as chips, toast, spicy foods, alcohol and hot liquids

