



Health education number: ENT-114

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# UVULOPALATOPHARYNGOPLASTY SURGERY CARE EDUCATION







To deliver intelligent and holistic medicine and to provide the best health care  
Compassion Quality Innovation Accountability

All information above has been reviewed by ENT specialists  
Edited and published by the Department of Nursing,  
Taichung Veterans General Hospital







➤ **Preparations before palatal or tonsil surgery**




			
<p>Signing operation and anesthesia informed consent is required before surgery.</p>	<p>Please do not eat or drink water at midnight before surgery.</p>	<p>The nursing staff would give you intravenous drip before surgery.</p>	<p>Please remove your accessories or dentures with you.</p>


➤ **The notices after palatal or tonsil surgery**




	<p>We will put an ice bag on your neck to reduce the bleeding rate and relieve the pain of the wound. Please keep the ice bag and remove it alternately every 15 minutes.</p>
	<p>Do not cough or sneeze forcefully within 24 hours after surgery to prevent bleeding.</p>
	<p>Please spit out the blood from your mouth. If there is excessive blood more than expected, please inform the nursing staff immediately.</p>
	<p>A pseudo-membrane will present over the wound within 24 hours after surgery. Please do not wipe it away without instruction.</p>
	<p>The nursing staff will inform you when to have your meal after the surgery. Please gargle with cold water after each meal.</p>
	<p>You may note the tarry stool during the day after surgery. It is due to the blood you just swallowed while during the surgery.</p>

➤ The notices of self-care and wound care after discharged 

 It takes about 3 weeks for the wound healing. You may be prescribed with pain-killer according to the medical advice if necessary.

 Do not eat hot food, coarse food (such as: nuts, melon seeds, Peanuts) and acidic fruit juices (such as: lemon juice, carbonated drinks) within a week.



 If bleeding occurs after being discharged from the hospital, gargle with iced water and leave for the Emergency Department immediately for inspection.

 Please follow up with the doctor's instructions and follow up on time.



## ➤ Conclusion



After accurate preoperative evaluation, the improvement rate of the operation can reach 90%, which can immediately improve the quality of life.

One week after the operation, avoid hot food, hard food and acidic food, and maintain daily health care, such as: weight control, intake Healthy diet and sleep posture adjustments to maintain good health.

## ➤ References



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Kao, Y. H., Chiang, J. K., & Lin, Y. C. (2019). Diagnosis and treatment of obstructive sleep apnea in adults. *Family Medicine and Primary Medical Care*, 34(1), 2-8. <https://doi.org/10.6965/FMPMC>

Let's take an examination to confirm you fully know the content of health education.

1. Do not cough or sneeze forcibly within 24 hours after surgery to prevent bleeding.

Yes No Don't know

2. After the surgery, please gargle with cold water after each meal.

Yes No Don't know

3. A pseudo-membrane will present over the wound within 24 hours after surgery. You could wipe it away.

Yes No Don't know

4. It takes about 3 weeks for the wound healing. Please take pain-killer according to the direction of your physician.

Yes No Don't know

5. Do not eat hot food, coarse food (such as: nuts, melon seeds, Peanuts) and acidic fruit juices (such as: lemon juice, carbonated drinks) within a week.

Yes No Don't know