
SLEEP APNEA SURGERY POST OPERATIVE INSTRUCTIONS

1. ACTIVITY and DIET:

- No bending, straining or lifting greater than 5 pounds until the first post-operative visit with your surgeon.
- Maintain a cool soft diet for the first two weeks after surgery.
- Drink sips of Gatorade throughout the day. This is important to maintain hydration and to keep the swallowing muscles working.

2. MEDICATIONS:

- Please take the medications prescribed to you as directed. This typically includes a narcotic pain medication, an antibiotic, steroids, a stool softener and, at times, an antifungal medication.
- Do not take Aspirin or Ibuprofen products (Advil, Motrin, Naproxen, etc). These can cause break down of the clot areas and increase the risk of bleeding.
- Resume all pre-operative medications unless otherwise instructed by your surgeon. Please notify our office if you have problems swallowing your medications. Many medications can be crushed and placed in applesauce.

3. PRECAUTIONS:

- You may experience temporary numbness of the tongue or lip. This can occur from positioning retractors during surgery and it typically resolves within a week.
- A change in taste sensation is common after surgery and is typically temporary.
- Sleep in a recliner for the first week after surgery. This will keep swelling from accumulating in your throat and will help decrease pain.
- Do not wear your CPAP machine until after the first post-operative visit with your surgeon.

4. CALL OUR OFFICE IF:

- You experience adverse reactions to any new medications prescribed to you after surgery.
- You notice bleeding within the mouth, throat or in expectorated sputum.

Please call our office with any additional questions or concerns.