



## Information for Snoring or Sleep Apnea Surgery

- **No** herbal, naturopathic or homeopathic medications or supplements are to be used 1 week before or after surgery as they may cause bleeding. If you are not sure, ask the doctor.
- Try to remain quiet and restful for the first few days after surgery.
- A general guide to oral intake of foods/liquids after surgery:
  - Day 1-3: Cool or lukewarm liquids (water, juice, milk), ice cream, apple-sauce, popsicles
  - Day 5-7: Semi-solid, but still cool or lukewarm foods/liquids
  - Day 7 and after: Progress slowly towards a regular diet**NO SCRATCHY** or **CRISPY** foods up to 7 days after surgery
- Remember that a DRY throat is a SORE throat and that healing will be promoted by even small, frequent sips of fluids. Drink as often as possible, this is key to rapid healing and a smooth recovery.
- Pain in one or both ears is common after palate or tonsil surgery and is indicative of “referred” pain from the surgical site. It rarely signifies ear problems.
- A low-grade fever during the first 48 hours post-op is not unusual, and is best controlled with Tylenol (Acetaminophen). If it persists, contact the doctor’s office.
- The back of your throat will appear yellow/white and swollen during the early post-operative period – this is normal and not a cause for concern.
- You may notice a change in sensation of the back of the throat and/or the soft palate – this is usually temporary but can last for a few months.
- Use prescribed pain medication regularly (every 4-6 hours) for the first 48 hours after surgery – this will keep the pain under control better than just occasional use.

