

RADIOWAVE PALATOPLASTY FOR SNORING

POST-OPERATIVE INSTRUCTIONS

GENERAL:

The occasional difficulty experienced by patients after this surgery is discomfort or pain in the roof of the mouth. This is due to the healing surfaces being raw and a week to ten days is required for completion of the initial healing. There is a gradual healing which takes a much longer time and generally judgement of snoring improvement should not be made for a two-month period.

INSTRUCTIONS FOR GENERAL CARE FOLLOWING THIS SURGERY:

1. Drink plenty of fluids
2. Frequently chewing gum helps settle the fluid in the tissues
3. In the first week, soft foods are to be preferred. No roughage or fibrous, stringy foods which could rub the healing tissue. Soups and soft foods are most easily tolerated.

PAIN RELIEF:

The pain experienced can be worst between days three to six. The discomfort experienced varies from patient to patient. The following treatments may be used in part or in whole, dependent on the level of discomfort. In general, it is better to use the medication on a regular basis, before pain sets in, rather than waiting for discomfort to occur.

Should at any point you feel that you are not coping with the discomfort, please telephone Dr. Lewkovitz either at the surgery or on his mobile 0412 566 899.

If you are experiencing discomfort when eating it may be helpful to spray your throat with anaesthetic spray one hour before meals, then, ten minutes later when the throat feels more comfortable, swallow the Panadeine Forte. This will make your meal, in an hour's time, more easily tolerated. You can adjust the timing of medications as may best suit you with the aim of making eating a more comfortable experience.

MEDICATION MAY INCLUDE:

- Prednisone 5mg:** This tablet is to reduce the swelling of the throat tissues. Before surgery it should be taken 10mg twice daily (two tablets in morning/ two tablets at night) and then continued at the same dose for up to five days after surgery, then 5mg each morning for the 6th to 8th day and then stop. (By prescription only).

Should you develop any stomach irritation, or if you have a past history of gastric ulcer, please advise Dr. Lewkovitz. In this case, the tablets may be unsuitable. Other side effects may include fluid retention, leading to a very slight, temporary weight increase.

- Antibiotics:** Rulide 300mg each morning for five days (by prescription only).
- Panadeine Forte** Two tablets, three to four times daily, half an hour before meals, is useful for pain Relief (by prescription only).
- Mouth Gargles:**
 - **Betadine** as a mouth gargle should be used three times daily but not swallowed. (Purchase over the counter at pharmacy)
 - **Hydrogen Peroxide 6%** : diluted one part to four parts of water.
- Buy:** Chewing gum, ice blocks to suck and cold or frozen snacks. e.g. yoghurt, jellies, etc