

## LASER ASSISTED UVULOPALATOPLASTY (LAUP) CAUTERY ASSISTED UVULOPALATOPLASTY (CAUP) PATIENT INSTRUCTIONS

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### What is a CAUP or LAUP?

Cautery Assisted Uvulopalatoplasty (CAUP) or Laser Assisted Uvulopalatoplasty (LAUP) is a series of surgical procedures in which the uvula and part of the surrounding soft palate is removed. The goal is to reduce snoring and cure mild sleep apnea. The surgery is performed in stages under local anesthesia (numbing sprays and injections) until the snoring or sleep apnea is reduced satisfactorily.

Initially after surgery, you may be swollen, and your snoring may worsen. As the healing progresses and swelling reduces, your snoring and sleep apnea will lessen. It may take 3-4 weeks to notice a significant improvement. Your response to treatment will dictate whether you need additional procedures.

### General Information:

- The CAUP or LAUP is performed in the procedure room in our office.
- DO NOT take aspirin or ibuprofen products (i.e. Motrin, Advil, Midol) one week before your procedure. These products can cause increased bleeding.
- **DO NOT eat, drink, or smoke two hours before your procedure.**
- To help the healing process, no smoking for at least 3 days after your procedure. (This is a good time to quit.)
- Wear comfortable clothes -- no dresses nor suits.
- If you are given Valium to take prior to your procedure, you must have someone drive you home. Do not drive if you have been instructed to take Valium.

### What can I expect after surgery?

- You will be sent home on pain medicines. Take as directed by your doctor.
- For 3-7 days you will have throat pain. It will be severe initially for 2-3 days and may require narcotics. It will then lessen to the point where Motrin or Tylenol will control the pain.
- Ear pain after surgery is not an infection. It is called *referred pain* from your palate. Take your pain medicine to relieve it.
- Gently gargle with lukewarm saltwater and use chloraseptic spray or anesthetic lozenges to help with the pain. These may be used as often as needed.
- Temperatures to 101.5° F are normal.

### Diet

- DRINK! DRINK! DRINK! The most important activity you MUST DO after surgery is to FORCE yourself to DRINK! This prevents dehydration and other complications. Little sips are better than big gulps. Drink at least one cup of fluid/hour. (8-12 glasses of fluid each day)

- In the beginning it will hurt to swallow everything, but by drinking fluids (staying well hydrated) you will be able to go back to normal activity much sooner. The more the patient drinks, the better they will feel!
- Suggested fluids include: water, Popsicles, Kool-aid, Gatorade, Ensure, Carnation Instant Breakfast, sherbets, warm broths. Avoid hot liquids. Avoid citrus juices and tomato juices, which can burn.
- It will be easier to swallow if you take your pain medication 20 minutes before drinking.
- Chewing sugar free gum can help reduce pain by working the muscles of the mouth.
- AVOID dry, crisp or crunchy foods for one week. They may cause pain or bleeding.
- When you are ready to eat, begin with soft foods -- noodles, scrambled eggs, pudding, Jell-O, applesauce, and mashed potatoes are good choices.

#### White Patches

- White, gray or yellowish patches (or scabs) will develop in the area where tissue was removed. These are healing scabs and are not signs of an infection. This is normal and the scabs will disappear as you heal.
- Bad breath may accompany the scabs and does not go away with brushing your teeth or gargling. **Do not use alcohol-based mouthwash – it will burn!** As the scabs disappear, the bad breath will go away.

#### Activity

- For one week after your procedure, limit your physical activity.
- Sleep with your head elevated to reduce the swelling in your palate.
- Avoid lifting anything greater than 20 pounds.

#### Complications

- A small percentage of patients may experience bleeding from the area where tissue was removed. If bleeding occurs, immediately gargle gently with ice water for 5-10 minutes. If this does not stop the bleeding, call our office for further instructions: 727-341-0551 or go to the closest Emergency Room.
- You may get a feeling that liquids may want to “go up your nose”. This is temporary and will resolve with healing.

#### Follow-up

- You should schedule a follow-up visit for 4 weeks following your surgery. The appointment should be set at your pre-op visit; otherwise, call the office at 727-341-0551 to make the appointment.