POST PROCEDURE INSTRUCTIONS
Coblation Palatoplasty

This sheet will tell you about post-procedure care for the patient after undergoing coblation palatoplasty. Please read these instructions carefully. If you have any questions or concerns, either before or following the surgery, please call the office at 540-347-0505.

After the procedure, the patient will be discharged from the hospital. Given that the procedure is performed under local anesthesia, the patient does not necessarily need anybody to accompany them and may immediately resume all normal activities including driving.

WHAT TO EXPECT

Pain: For about 1 week after the procedure, it is not unusual to have pain in the back of the throat. One may take Tylenol or ibuprofen for the pain. If especially painful, narcotics should be taken. Be aware that if taking narcotics, one should not drive a vehicle.

Crusting & Drainage: Crusting may occur on the wound site along with slight drainage. This is not unexpected and should resolve within one week.

Wound Care: Take the antibiotics you were prescribed and gargle your throat with salt-water after every meal until the hole where the coblation device was inserted completely disappears.

Medications: Resume all your home medications, as directed.

Post-Operative Visit: The post-procedure appointment is generally scheduled about 10 days after the procedure. It is very important to keep this appointment. At this visit, your physician will examine the area to ensure the wound site is healing appropriately.

PRECAUTIONS DURING THE FIRST WEEK

Activity: Even though your surgery may seem minor, your body does need some time for rest and healing. Though light exercise is OK, refrain from more intense physical activities such as swimming, jogging, and aerobics. After 1 week, all activities may be resumed without risk.

SUGGESTIONS FOR COMFORT (IF NEEDED)
Keep the head elevated on 2 to 3 pillows. This position will help decrease swelling. Using a cool vapor humidifier at your bedside for the first week may aid in relieving dryness and crusting. Keep plenty of liquids available, such as juices, water, & tea.

EXPECTATIONS
Most patients notice an improvement in their snoring about 6 weeks after the procedure. Prior to this time interval in the short term, very little change may be seen both in terms of snoring as well as overall size and appearance of the soft palate. Be patient. Also, keep in mind that though 80% of patients notice an improvement or elimination of the snore, at least 20% do not. In the 20% who do not respond to the procedure, it is most likely that either a more intensive procedure is required to help (UPPP) or the snore is due to a different anatomic location (ie, tongue vibrating against the back of your throat, crooked septum, etc).