

**Patient Information**

**LAUP Postoperative Instructions**

LASER ASSISTED UVULO-PALATOPLASTY (LAUP) POST-OPERATIVE INSTRUCTIONS

- 1. Regular activities as tolerated.
- 2. Soft diet one to two days following procedure; than regular diet as tolerated:
  - A. Liquids are encouraged. Most patients tolerate lukewarm beverages. Avoid citrus juices. Milk products increase phlegm but are encouraged.
  - B. A soft diet includes: yogurt, custard, pudding, Jell-o, applesauce, scrambled eggs and other foods of this type.
  - C. Avoid spicy meals and foods that are too hot or too cold.
- 3. Drink plenty of fluids; No alcohol.
- 4. Gargle with diluted peroxide: 1 tsp per cup of water (Every three to four hours, five times a day).
- 5. May brush teeth and may use non-alcohol containing mouthwash as necessary.
- 6. You may experience a mild sore throat for four to six days after each treatment.
- 7. Your physician will prescribe an antibiotic and medication for your pain relief, you may use: Chloraseptic or Cepecol throat lozenges (Every two hours as needed for pain).
- 8. NO ASPIRIN, MOTRIN or medications containing NSAIDS, for 10 days after the procedure.
- 9. Call the office at 969-1910, if you are experiencing excessive pain, fever or if there is severe bleeding.
- 10. Before you leave our office, be sure you have the follow-up appointment and are scheduled for the next stage of LAUP.

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Follow-up visit: \_\_\_\_\_ At:

Session # \_\_\_\_\_ LAUP: \_\_\_\_\_ At:

IF YOU CAN=T KEEP YOUR APPOINTMENTS, PLEASE CANCEL PROMPTLY, SO WE CAN ACCOMMODATE OTHER PATIENTS. THANK YOU.