

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.

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.