

Palatoplasty

When non-surgical options are ineffective, palatoplasty is an option to treat snoring and sleep apnea. It can be combined with the removal of tonsils (and sometimes other procedures). This procedure is designed to open the upper airway by widening the space at the back of the throat. . The uvula and soft palate (roof of the mouth) are trimmed and sutured to open the airway. While generally safe, the procedure usually requires admission overnight to the hospital for monitoring of breathing and pain management.

It is normal to have a sore throat for 10-14 days after surgery. You may also have the sensation of "something at the back of throat," or excessive mucus in the throat. This will usually resolve in a few weeks, but it can take several months to fully resolve. After the surgery, you may be recommended to get a sleep study done to evaluate the effect on sleep apnea. It is also not unusual to have nasal regurgitation of liquids when swallowing, for several weeks. Some patients also get a "nasal voice." These symptoms usually resolve in several weeks as well. It is important that you and your caregiver review these instructions, as well as call the office for postoperative appointment (usually 1 week after surgery, unless you were directed otherwise at time of discharge from hospital)

Instructions after surgery

Activity: Rest is recommended for a few days after surgery, with most people requiring 7-10 days off from work. Exercise should not be done until after the first follow-up visit. Resting your voice for a few days is also helpful.

Diet: A soft diet with plenty of clear, cool liquids is recommended. Avoid citrus fruits, spicy, hot foods, and caffeinated/carbonated beverages. Avoid alcohol.

Mouth care: Gargle gently with salt water twice a day. (Mix 1 tablespoon of salt with 1 cup of water). This will help cleanse the grayish patches at the back of the throat (this is not infection, it is temporary evidence of healing). Do NOT use peroxide.

Medications: The physician will usually prescribe antibiotics and pain medicine. You may also be given other medicines for swelling as needed.

Pain relief: Is it not unusual to have an earache after surgery. This is related to the healing of the throat and is usually not from an ear infection. It is important to keep the throat moist, as excessive dryness can increase discomfort.

If you have medical questions or concerns, please call 972-731-7654, and choose option 3 to speak to (or leave message) for the nurse. To expedite care, please note the patient's date of birth, spell the patients full name, and leave your name/relationship and best phone number. Thanks for choosing ENT Associates of Texas.