

POST-OP INSTRUCTIONS

Injection Snoreplasty

What to Expect After the Procedure

- **Pain:** You should expect throat and ear discomfort after your procedure. Tylenol® or Motrin® is often all that is needed for mild postoperative pain. If Tylenol® is not sufficient to control the pain, you should use the post-operative pain medication prescribed by your doctor.
- **Ulceration:** Within the first few days after you injection snoreplasty, you will develop throat soreness and a small ulcer on your palate. This is normal and will heal with time. It is during this healing process that scarring and contracture of the palate occurs. The scarring and contracture shortens as well as stiffens the palate, making it less likely to vibrate and cause snoring.
 - **Keep in mind that it will take 3 months to gain maximal snoring benefit.**
- **Diet:** From a comfort standpoint, a soft, bland diet is generally recommended for the first 1-2 days after the procedure. You should advance to a normal diet after this time.

What to Avoid After the Procedure

There are no strict activity or dietary restrictions after the procedure.

When to Call After the Procedure

- Severe palate swelling
- Shortness of breath/difficulty breathing
- Fever > 101.5°F
- Worsening pain
- Any other concerning signs or symptoms.