



Pre and Post Operative Instructions for Palatoplasty

Pre-Operative:

1. Do not use Aspirin, Motrin or other anti-inflammatory medications for 2 weeks prior to your surgery (Tylenol is safe).
2. Do not use Vitamin E, Ginkgo biloba or garlic supplements for 2 weeks prior to your surgery.
3. If you are on Coumadin or other blood thinning medications, please contact your surgeon 2 to 3 weeks prior to your surgical date for instructions.
4. If you have mitral regurgitation and require antibiotics prior to dental procedures please contact your surgeon 2 to 3 weeks prior to your surgical date for instructions.

Post-Operative:

1. You will be given a prescription for antibiotics and pain relief medication. Take these medications as prescribed. Please inform your surgeon if you are allergic.
2. You will be given a prescription/bottle of Chlorhexidine oral rinse. Use this rinse four times per day after meals (gargle, swish and spit).
3. You must not attend work or school for one week after your surgery.
4. Avoid sports for 2 weeks.
5. Avoid hot foods (temperature and spicy) for one week.
6. Avoid smoking or exposure to smoke for at least two weeks.
7. Drink plenty of fluids. Avoid acidic liquids for approximately 10 days.
8. Avoid hard or crunchy foods for approximately 10 days.
9. Do not worry if you are not eating as long as you are able to drink and stay hydrated.
10. Hydration is adequate if you are urinating normal volume and it is clear.
11. A white covering over the palate is a normal pattern for healing.
12. Your voice may be hypo or hypernasal and usually resolves but this may take a few months.
13. Ear pain may be present after surgery.
14. Your breath may smell foul for a couple of weeks.
15. If Tylenol #3 causes nausea, use Gravol or switch to Tylenol without codeine.
16. Tylenol #3 may cause constipation. You may use a stool softener if you experience this problem.
17. Pain control is important to help you maintain hydration. Use your prescribed pain medication every 3 to 4 hours for the first 48 to 72 hours, then use as needed.
18. Palatoplasty surgeries are painful. It is not unusual to feel worse around day 4 to 5 postoperatively. This will improve but you will be sore for at least 10 days.

Be Concerned If...

- You are spitting up bright red blood or clots greater than one tablespoon.

Contact your doctor or go to your local hospital Emergency Room if...

- You are unable to drink and have stopped urinating or urine is a very low concentrated volume.
- If you develop a rash.
- If you develop a high fever.