

CARE AFTER SURGERY

COBLATION PALATE SURGERY FOR SNORING

- 1) Sleep a 45° angle for the first night.
- 2) Most patients experience some mild swelling of the palate during the first 24 to 48 hours.
- 3) Pain after surgery will normally increase within the first few hours to evening time as the local anesthetic used during the surgery begins to wear off.
- 4) Use as needed, the pain medications as instructed by your doctor.
- 5) You should not drive or operate machinery if using a pain medication.
- 6) Gargle and rinse your mouth with a mild, warm salt water; rinse after meals and before bed time.
- 7) Sucking gently on ice chips can help relieve the post-operative pain and swelling.
- 8) Your doctor may give you a steroid medication to take after surgery. If so, take them as directed.
- 9) Avoid bending over, heavy lifting or activity that increases your heart rate for the first week.

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