



POSTOPERATIVE INSTRUCTIONS: PALATE RADIO FREQUENCY ABLATION

1. Take pain medications as prescribed. You may alternate Tylenol and Ibuprofen as directed by your physician.
2. Keep well hydrated.
3. Do not eat or drink anything until you have full return of feeling in your throat, approximately 2 hours. Start with water to ensure that you can tolerate swallowing food/liquid.
4. Eat soft foods and avoid acidic and spicy foods for 24 hours. Gradually increase as tolerated.
5. You may have ear pain and a sore throat for approximately one week. You may notice some swelling. The swelling will go down on its own.
6. You may have regurgitation of liquids into nares.
7. Snoring may worsen before it improves. It may take up to one month before you notice any results. Please be aware that you may require approximately three treatments.
8. You may have white or gray patches to ablated area and bad breath. Avoid mouthwashes.
9. Please refrain from strenuous activity for 24 hours after your procedure.
10. Notify your physician if you have difficulty swallowing or an increase in pain after 2 days.