

NASHVILLE

ENT

CLINIC

## NASHVILLE EAR, NOSE & THROAT CLINIC

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### UPPP

**Uvulopalatopharyngoplasty (UPPP)** is the most common type of surgery for snoring and sleep apnea. This procedure involves removing the uvula, part of the soft palate, and the tonsils from the throat. It's often successful in stopping the throat structures from rattling and causing snoring. However, it's generally less successful in treating sleep apnea, because tissues farther back in the throat may still block the air passage.

### During and After UPPP

Uppp is usually done in the hospital. You'll be given general anesthesia to let you sleep during procedure. You'll probably stay in the hospital for a day or two after UPPP. You may have a severe sore throat for several weeks after the procedure, and you'll probably eat only soft foods for a few weeks. Full recovery usually takes about a month.

### Risks and Complications

As with any surgery, there are possible risks and complications. These include the following:

- Food or liquids flowing into the nasal cavity during swallowing
- A temporary or permanent voice change
- Bleeding
- Infection
- Tongue Numbness

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