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INSTRUCTIONS AFTER PALATE SURGERY

FOR SNORING OR SLEEP APNEA

1. Drink mainly cold fluids today—usually the more the better.
2. Warm drinks may feel better after a day or two.
3. You may progress with your diet as you feel like it—even today.
4. Gargle after meals, at bedtime, and as desired with diluted peroxide. Mix 1 part hydrogen peroxide to 2-3 parts water and a little mouthwash for gargles.
5. Chloraseptic, Cepastat or similar spray or lozenges may be used as desired.
6. Take your antibiotics and pain pills as directed.
7. Even though your pain may not be too much today, it may increase for a few days. It will then gradually decrease over the next 5-10 days.
8. Your follow up appointment is scheduled for _____. If you cannot keep your scheduled appointment, please call the office.