



## PATIENT INFORMATION SHEET

# POST OPERATIVE CARE SNORING & OBSTRUCTIVE SLEEP APNOEA

DR WILLIAM MOONEY MBBS FRACS  
[www.drwilliammooney.com.au](http://www.drwilliammooney.com.au)

## POST OPERATIVE CARE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

[drwilliammooney.com.au](http://drwilliammooney.com.au)

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### PRE-SURGERY

- **AVOID:** Smoking for 2 weeks pre-surgery. Avoid excessive alcohol, Vitamin E, Garlic tablets, Ginko Biloba, Ginseng & Horseradish all at least 1 week before surgery.
- **AVOID:** Aspirin, or aspirin based products such as: Ibuprofen/ Nurofen, Naprosen/Naproxesic. If you are on anti-inflammatory (e.g. Naprosyn) or blood thinning medication please advise Dr Mooney BEFORE surgery.
- Take a "Berocca" tablet with Vitamin C daily for 1 week prior to surgery (avail from most chemists).

### POST-SURGERY

- Usual hospital stays for this

surgery us 2-3 nights.

- Post operative pain is a very real and significant feature following this surgery. Patients should expect to take two weeks off from normal duties and to not have any stressful or demanding activities scheduled in your post operative period.
- Occasionally splints are used, Dr Mooney will instruct you further in this case.
- You will have Panadeine Forte tablets which can be taken to a maximum of 2 every 4 to 6 hours, and Cepacaine anaesthetic mouth wash, 20 mls of which can be gargled every two hours.
- Ensure that you keep up your pain medication on a regular basis for the first few days to ensure that you do not reach an intolerable level of discomfort. The post operative pain can be considerable for this operation.

- You may feel tired and run down for the first few weeks.
- Please do not smoke as it slows wound healing.
- Be aware of any abnormal bleeding, temperature or swallowing symptoms that seem unusual and contact Dr Mooney as soon as possible if you are concerned.
- Some snoring may continue for the first few weeks, or on rare occasion may persist in a lesser form long term.
- You should be reviewed at 1 week post-op or as directed by Dr Mooney. You will have the opportunity to then discuss any further concerns you may have.

## TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows – your posture should be at a 45 degree angle.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only please.
- There are no dietary restrictions however spicy foods may make your nose run & cause discomfort, so you may wish to avoid them. Solid foods may be difficult for a few days.
- Maintaining fluid input is most important; soups and pasta, ice-cream and cool drinks are excellent. Ensure you have plenty in the fridge when you return home.
- If you have splints your ears may pop or bubble when you swallow. Drinking through straws is often easiest in the first few weeks so ensure you have some at hand.
- Hydration is very important—drink as much water as you can. Try to stay away from acidic drinks (fruit juice) as they will burn your throat.