

Procedure Information Sheet

Introduction

1. Reduction/Resection of soft palate and uvula; plus resection of tonsils (UPPP).
2. Laser surgery on soft palate and uvula (LAUP)

Indication

- Obstructive sleep apnea syndrome (OSAS)
- Snoring

The Operation / Procedure

The operation is done under local or general anesthesia. Part of the soft palate tissue is removed through the mouth with or without removal of the tonsils.

Before the Operation / Procedure

1. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
2. Intended Benefits and Expected Outcome
 - 2.1 Relieve sleep apnea
 - 2.2 Reduce snoring
 - 2.3 There is a chance of incomplete relief of symptoms or recurrence after initial improvement
3. Conditions that Would Not be Benefited by the Procedure
 - 3.1 Airway obstruction at levels other than velopharynx during sleep

After the Operation / Procedure

1. You will have sorethroat and some swallowing difficulty after the operation which will last for a few days
2. A small amount of blood stained saliva is common. However, if you experience persistent bleeding from the mouth or severe sorethroat, you must attend the nearby emergency department.
3. See the doctor as scheduled

Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____
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Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Common Risks and Complications ($\geq 1\%$ risk)
 - 2.1 Pain
 - 2.2 Bleeding
 - 2.3 Throat discomfort and post-nasal dripping
 - 2.4 Infection
 - 2.5 Risk of laser
3. Uncommon Risks with Serious Consequences ($< 1\%$ risk)
 - 3.1 Velopharyngeal insufficiency causing nasal regurgitation of food and water during eating, and voice change.
 - 3.2 Pharyngeal stenosis causing breathing difficulty, snoring, sleep apnea and voice change.
 - 3.3 Airway obstruction and respiratory distress
 - 3.4 Death due to serious surgical and anaesthetic complications
4. Consequences of No Treatment
 - 4.1 Persistent snoring
 - 4.2 Risk of complications of obstructive sleep apnea

Alternative Treatment / Investigation

1. Nasal continuous positive airway pressure (CPAP) device
2. Oral/dental appliances for obstructive sleep apnea syndrome
3. Other palatal procedure

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart patient website by Hospital Authority:
Uvulopalatopharyngoplasty (UPPP)/Laser-assisted Uvuloplasty (LAUP) (2/2020)

Patient's Label
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Patient's Signature: _____ Date: _____