



UP3 and Hyoid Suspension

Uvulopalatopharyngoplasty (UP3) with hyoid suspension (sometimes referred to as “Airlift”) is a surgical procedure aimed at treating obstructive sleep apnea (OSA), a condition characterized by repeated episodes of partial or complete blockage of the upper airway during sleep. This blockage leads to disrupted sleep, loud snoring, and can contribute to other health issues such as high blood pressure, heart disease, and daytime fatigue.

The UP3 procedure involves the removal and tightening of excess tissue from the throat, including the uvula, part of the soft palate, and, in some cases, the tonsils. This helps to enlarge the airway and reduce the potential for airway collapse during sleep. This is performed through the mouth. Hyoid suspension is often performed in conjunction with UP3 to further stabilize the airway. During this procedure, the hyoid bone, located in the neck, is repositioned and secured to prevent it from collapsing the airway. This is performed through two separate external neck incisions. The procedures take about 1.5 hours and are done under general anesthesia. Most patients go home the same day.

Pre-Operative Instructions:

- **Fasting and Preparation:**
 - Avoid eating or drinking after midnight the night before surgery.
 - Avoid alcohol for several days prior to the procedure as this can increase your risk of bleeding.
 - Do not smoke for 2 weeks prior to the procedure as this can impair the healing process.
- **Medications:**
 - You will likely need to stop taking blood thinners, weight loss medications and some diabetes medications. Consult with your doctor. See attached medication sheet for general recommendations.
 - Take all other prescribed medications with a small sip of water as instructed.
- **Health Status:**
 - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
 - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
 - Arrive at the surgical facility as instructed.
 - Wear comfortable clothing and remove jewelry, make-up and contact lens.
 - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

Post-Operative Instructions:

- **Medications:**
 - Resume your home medications after the procedure unless otherwise instructed.

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)
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- You will be prescribed antibiotics and pain medication after the procedure. Many patients also take acetaminophen (Tylenol) and ibuprofen (Motrin) alternating doses every 3 hours. *Ex: Tylenol 500mg at 8am, Motrin 600mg at 11am, Tylenol 500mg at 2pm, Motrin 600mg at 5pm, etc.* The first home dose should be timed according to last known dose received at surgical facility.
- **Activity:**
 - Rest for the first 24 hours after surgery.
 - Gradually resume normal activities as tolerated.
 - Avoid strenuous activities and heavy lifting for at least 2 weeks.
 - You should not drive if you are actively taking prescription medication.
- **Diet:**
 - Resume a normal diet as soon as you feel able but start with soft foods to avoid discomfort while chewing.
 - Many people do not get back to a regular diet for 2 weeks after the procedure.
- **Wound Care:**
 - Keep the neck incision surgical sites clean and dry.
 - You may shower after 24-48 hours but avoid submerging the incisions.
 - You will have dissolvable sutures in the back of your throat, these fall out on their own.
 - Report any signs of infection (redness, swelling, or discharge) to your doctor.
- **Follow-Up:**
 - Follow up with your surgeon's office as scheduled for wound check.
- **Emergency Situations:**
 - If you experience severe symptoms such as difficulty breathing, uncontrolled pain, significant swelling or bleeding from the incision, coughing up or spitting up blood, or uncontrolled nausea or vomiting, call our office or seek immediate medical attention.

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