Royal National Throat, Nose and Ear Hospital

Laser-assisted uvula palatoplasty

Ear, Nose and Throat Surgery
Why do people snore?
People snore for many different reasons. Our investigations have shown that your snoring originates from the fleshy part on the roof of your mouth (the soft palate). We call this palatal flutter. We can help reduce your snoring by an operation known as a Laser assisted uvula palatoplasty - LAUP for short.

What is a LAUP?
A LAUP is an operation that uses a laser to make some small cuts in your soft palate. As these cuts heal, the palate becomes firmer and may reduce snoring.

What is the benefit of having a LAUP?
If you snore because of palatal flutter then this is the only way to reduce your snoring. Only you and your partner can decide if your snoring is so much of a problem that you want surgery.

How is the operation done?
The operation is done through your mouth while you are asleep. It takes 20 minutes in an operating theatre.
Asking for your consent
We want to involve you in all the decisions about your care and treatment. If you decide to go ahead with treatment, by law we must ask for your consent and will ask you to sign a consent form. This confirms that you agree to have the procedure and understand what it involves. Staff will explain all the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of your proposed treatment, please don’t hesitate to speak with a senior member of staff again.

Will I have to stay in hospital?
You should expect to stay in hospital for a day or overnight and will need to rest at home for two weeks afterwards. Ask your nurse on admission if you need a sick note.

Before you come in for your operation
Arrange for two weeks off work after the operation and check that you have a relative or friend who can take you home and look after you for the first few days after the operation.

We may ask you to attend the Pre Assessment clinic, either on the day of your outpatient clinic appointment or following a telephone health questionnaire. This is to ensure that you are fit for surgery.
Can there be problems?
LAUP surgery is very safe, but every operation has a small risk. Please discuss this with your doctor when you visit the hospital.

The most common problems are:

• During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if you have any teeth like this.

• Some people feel sick after the operation. This settles quickly.

• Some people get an infection in their throat and need to see their GP. This may have occurred if you have a sudden increase in pain, have a fever or fresh bleeding from your throat.

• The most serious problem is bleeding. This may need a second operation to stop it. It does not happen often.

After your operation
Does it hurt?
Your throat will remain sore for about 10 days and may be worse four to five days after the operation, this is normal and occurs as the throat heals. We will give you painkillers to take home, take these as directed and do not exceed the recommended dose.
Do not take aspirin-based painkillers, they can make you bleed.

**Eat normal food**
It is very important that you eat and drink as normal, even when the pain is at its worst, as this will help your throat heal more quickly. Taking some of your pain relief half an hour before eating will help with this. Use water as a gargle, or drink clear fluids after food and milky drinks to keep the operation site clean and so reduce the risk of infection.

It is normal to have bad breath while the operation site heals.

**How long will I be off work?**
Whether you expect to stay in hospital for a day or overnight, you will need to rest at home for at least two week afterwards.

During this time you should avoid smoky, crowded places, as they increase the risk of infection. You should not play contact sports for about a month.

Ask your nurse on admission if you need a sick note.

**You may have sore ears**
This is normal. It happens because your throat and ears have the same nerve supply. It does not mean that you have an ear infection.
Will I have to come back?
Your doctors will usually see you in the outpatient department six to eight weeks after your surgery to assess its effect.

If you have any problems
If you have increased pain, bleeding from the throat or have any other concerns, please contact your GP or the ward on the following number:
B Ward 020 3456 5029
C Ward 020 3456 5027

Where can I get more information?
NHS Direct
Telephone: 0845 4647
Website: www.nhsdirect.nhs.uk

University College London Hospitals
235 Euston Road, London. NW1 2BU
Switchboard: 0845 155 5000
Website: www.uclh.nhs.uk

UCLH cannot accept responsibility for information provided by external organisations.

PALS - If you have any concerns
PALS is a patient-friendly, easy to access service designed to provide a personal contact point to assist patients, relatives and carers. If you have a problem that you have not been able to sort out we can help you to resolve it.
PALS are open 10:00 till 16:00 Monday to Friday.

Telephone: 020 3447 3042
Email: pals@uclh.nhs.uk

If you need a large print, audio or translated copy of the document, please contact us on 020 3456 5305. We will try our best to meet your needs.
How to get here
The hospital is near King’s Cross Station. You are advised to travel by public transport due to no parking at the hospital. Pay and display parking may be available nearby.