



MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

Informed Consent for Tonsillectomy and Uvulopalatopharyngoplasty (UPPP)

Purpose of the Surgery

This surgery removes the tonsils and reshapes the soft palate and uvula to widen the airway and improve sleep apnea.

Alternatives

- CPAP machine use
- Oral appliances
- Weight loss or positional therapy

Benefits

- Improved breathing during sleep
- Reduction in snoring and sleep apnea events

Risks and Possible Complications

- Pain for 1–2 weeks
- Bleeding (sometimes severe)
- Difficulty swallowing, nasal regurgitation
- Voice changes
- Persistence or return of sleep apnea
- Risks of anesthesia

After Surgery

- Stay hydrated and take pain medicine as prescribed
- Avoid strenuous activity for 2 weeks
- Follow-up sleep study may be needed

Patient Acknowledgment

I understand:

- Why I need this surgery.
- The alternatives.
- The risks, benefits, and possible complications.
- That no outcome can be guaranteed.

I have had the chance to ask questions, and all my questions were answered in a way I understand.

Patient (or Legal Guardian) Signature: _____ Date: _____

Physician/Witness Signature: _____ Date: _____