

INSTRUCTIONS FOLLOWING VOCAL CORD SURGERY

VOICE:

Strict Voice Rest for 24 Hours. Please do not speak at all for the first 24 hours.

Moderate Voice Use for the first week. “Yes, “No”, “OK”, “Thank you”

Do not Sing or plan any Speaking Engagements for 3 weeks after surgery.

Do Not Whisper at all.

DIET:

Clear Liquids on the day of the surgery . Ice tea, broth, jello, Gatorade, cranberry and combination juices. Be sure to **exclude** grapefruit, orange, pineapple, peach and apricot.

Advance to Full Regular Diet over a seven day period. It is recommended for about 3 weeks after surgery you avoid any hot, spicy and/or acidic foods and beverages.

ACTIVITY LEVEL:

No exertion of any kind for 5-7 days, quiet activities only. There should be no bending, lifting, pushing, running or any organized sporting activities.

MEDICATIONS:

Antacids: Reflux is common after any surgery antacids are prescribed for **all patients** and are intended to decrease the acid load in the gut and improve the rate of healing and prevent recurrent symptoms and disease.

Pain Meds: Usually no more than plain extra strength Tylenol is required however a combination of Tylenol and Codeine is usually provided, the codeine helps suppress cough.

Cough Meds: The combination of Tylenol and Codeine usually help quiet post op cough.

BLEEDING:

Notify our office if persistent . It is not unusual to see a little blood with cough for 24-48 hours after surgery however if this persists call the office . If bleeding is of a more severe in nature, a trip to the Emergency Room would be in order but call first. **(ENT Office 714-3434)**

EXPECTED CONDITIONS:

Sore Throat: A sore throat for **72 hours** after the procedure is normal and expected.

Hoarsness: It is no uncommon to continue to be partially hoarse for **5-7 days** after surgery.

Mild Fever: A temperature up to **101** degrees on the **first or second post op days** is normal.

Dry Lips: Lips chap during the procedure and from poor hydration afterwards apply **Vaseline** or **Lip Balm** to the lips 3 times daily for a few days after surgery.

FOLLOW UP:

We like to have you follow up within 3-5 days to discuss results.

It normally takes that long for the pathologist to complete his exam and prepare his report.

If you do not already have an appointment please call the office for a follow up date.

