

LARYNGEAL SURGERY POST OPERATIVE INSTRUCTIONS

VOICE REST:

1. Please observe relative voice rest for at least seven days. This gives raw tissue in the larynx time to begin to heal. Occasionally, if the surgery has been extensive, you may be asked to observe ABSOLUTE voice rest.
2. Hoarseness may persist for up to 2 to 3 weeks. During this time, tissue swelling will gradually decrease and the lining of the vocal cords will regenerate.
3. If you must speak, please do so in a normal tone of voice, This creates less trauma to the vocal cords than whispering or shouting.
4. Avoid excessive coughing or throat clearing, as these may damage the vocal cords during the healing process.

DIET:

You may experience sore throat or sore tongue from the surgery due to the pressure applied by the metal laryngoscope instrument on the tissues to carry out the surgery. Because nausea and occasionally vomiting may occur after general anesthesia, it is advised to eat only a light meal after the operation. You may resume your normal diet the following day. Avoid alcohol and spicy foods, do not smoke or allow any exposure to tobacco smoke. Drink plenty of fluids. Dehydration is extremely harmful the vocal cords.

Medications: If prescribed, promptly begin these medications after arriving home And take only as directed.

Post operative visit to office: we would like to see you in _____ week(s)
Please call for appointment to see Dr. _____

* 1841 South Broad Street, Philadelphia, PA 19148 (215) 465-8800

* 188 Fries Mill Road, Suite A-2, Turnersville, NJ 08012 (856) 875-0111

* 73 North Maple Avenue, Suite D, Marlton, NJ 08053 (856) 797-9961

IF YOU HAVE ANY QUESTIONS CALL THE OFFICE AT 215 465 -8800
IF YOU HAVE AN EMERGENCY, GO TO THE NEAREST EMERGENCY ROOM