



POST OPERATIVE PATIENT INFORMATION

Direct Laryngoscopy / Vocal Cord Stripping

1. Absolute voice rest will be required for the first 72 hours after surgery if a biopsy is done. This means NO talking and NO whispering. You must write notes for all necessary communications. You will be notified if this is required of you after surgery.
2. When talking is allowed, you should speak normally--no whispering. Do not talk loudly at first. Do not strain your voice. Try not to talk to anyone more than 5 feet away from you.
3. No dietary restrictions are necessary. You may resume your normal diet. Avoid alcoholic beverages for 24 hours.
4. Minimal discomfort is associated with this procedure. Tylenol tablets (over-the-counter) should help with any sore throat sensation you may have for the first 24 to 48 hours after the procedure.
5. Avoid cigarette smoking, or exposure to smoke filled environments. If you are a smoker and wish to stop, please discuss this with your primary physician. Ask about it at your follow-up visit.
6. Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic; i.e. driving, bicycling, etc.

Your first postoperative office visit will be approximately one week from the date of your surgery. Call the office to schedule a date and time, if this was not already scheduled.

If you are uncertain about any of the above items or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours, if you have an emergency, go to the emergency room or call the office number and you will be connected to the on-call physician.

My postoperative instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: _____ Date: _____

Nurse: _____