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Laryngeal Surgery / Microsurgery / Direct Laryngoscopy After Surgery Care

Activity:

- Absolute voice rest will be required for the first 48 hours after surgery if a biopsy is done. This means NO talking and NO whispering. You must write notes for all necessary communications.
 - 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.
- Discuss with your surgeon and voice pathologist to determine how much time you will need to take off from work. Some voice demanding professions may require 6-8 weeks off of work to promote the best healing environment.
- Avoid activities that may cause vocal injury including: 1) strenuous exercises; 2) heavy weight lifting; 3) strenuous sexual intercourse; 4) strained bowel movements.
- General anesthesia can affect physical coordination and mental abilities. You should not make any major decisions, drive, cycle, etc. for 24 hours after the anesthetic.

Diet:

- Resume your usual diet. Start with clear liquids and advance your diet as tolerated after surgery.
- A low acid diet is important. Avoid greasy foods, spicy foods, caffeine, tobacco, alcohol, chocolate, tomato-based foods, citric acids, late-night eating/drinking, or big/heavy meals.
- Avoid foods that are more likely to make you choke or cough such as popcorn, peanuts, almonds, dry crackers, etc.

Medications:

- For the best surgical result, take all medications as prescribed.
 - No aspirin or aspirin-related products (such as Advil, Aleve, Motrin, Ibuprofen, *etc.*) should be taken for at least 10 days following surgery.
- In addition, an over-the-counter cough suppressant, such as robitussin-DM or mucinex-DM may be used to avoid coughing.

Tylenol or Tylenol with Codeine (Tylenol 3)	Please take 1000 mg every 6 hours (if not prescribed Tylenol 3) . A pain medication such as codeine (Tylenol 3) may be given. If prescribed Tylenol 3, do NOT take regular Tylenol in addition. Codeine can help to decrease cough tendencies. Do NOT drive while taking this medication.
Augmentin / Clindamycin	If an antibiotic is given, please take as directed to completion
Medrol Dosepak	This medication is a steroid that decreases inflammation and may expedite some healing. Please take as directed. Discontinue if worsening of depression, or suicidal thoughts develop.
Omeprazole / Pantoprazole	Antacid medications can help decrease potential inflammation. Take as prescribed, or continue using if started before surgery.

Special precautions:

- Avoid cigarette smoking or exposure to smoke filled environments as much as possible. Smoking can negatively affect your overall healing. If you currently smoke and are interested in stopping, please notify us. We can provide helpful information.



Important Reminders:

- It is very **important not to traumatize the vocal folds** in any way after surgery. Therefore, we ask you not to: talk, cough, laugh, whisper, physically strain, or even “mouth” words until we see you for your first visit after surgery.
- You should carry a **writing pad** with you to communicate, and perhaps wear a badge explaining that you are on “voice rest”.
- It is a good idea to change **your voice mail announcement** to alert callers that you will not be answering your voice mail messages for the week of silence.
- You may wish to **download a text-to-speech program** for your phone or other mobile device.
- In addition, be diligent with your **acid reflux medications and diet**.

Call the doctor’s office for:		(702) 834 - 5886
Difficulty Breathing	If you develop difficulty breathing, call the office, or go to the emergency department. This is a rare, but life-threatening side effect of this surgery.	
Fever	It is normal for the patient to have a slightly higher temperature after surgery. The higher temperature can last a few days. This is normal. Please call the office if the patient has a moderate to high temperature (greater than 101 degrees orally).	
Pain	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. Do NOT take Tylenol in addition to Tylenol #3. If the pain is not helped by routine and/or prescribed medication or the pain is getting worse, it should be reported to the doctor.	
Common Occurrences	Mild soreness of the throat, mouth, or tongue, is not uncommon after surgery. Occasionally, one might have some tongue numbness, weakness or change in taste due to pressure from the scope on the nerves in the mouth. No nerves are cut; however, so this should be temporary.	
Follow-Up	If the follow up visit for after surgery is not already scheduled, please call the office. This visit should be 6-10 days after your surgery. <ul style="list-style-type: none"> • Voice therapy can be a powerful tool to aid in healing and rehabilitation. Talk to your doctor about this. 	
If the office is closed, your phone call will go to the on-call ENT doctor.		
If you are unable to reach the on-call ENT doctor, go directly to the Emergency Room (NOT an urgent care) . There will be a doctor there to treat the patient and to notify your doctor. However, it is best to talk to your doctor first.		

If you are unsure about any of the above items or have questions, please contact our office at (702) 834-5886 from 8:00am to 5:00pm Monday through Friday.

After hours, if you have an emergency, call the office number first and you will be connected to the on-call doctor. If you can’t reach the on-call doctor, go to the emergency room.