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Sinus Disorders  
Pediatric ENT Care  
Ear Injuries & Disorders  
Thyroid Problems  
Hearing Loss  
Facial Plastic Surgery  
Voice Disorders  
Acid Reflux

## MicroLaryngoscopy, Vocal Cord Surgery, Bronchoscopy, Airway Surgeries

On the morning of surgery, please report to hospital/surgery center as scheduled.

- Elevated temperature is common after laryngeal surgery. If the temperature is measured to be higher than 102 F, then please call us. To help keep the temperature down, try to drink as much water as possible.
- Hoarseness and weak voice are usual after laryngeal surgery. It is O.K. to talk quietly, unless the surgeon advises voice rest.
- No whispering, coughing, or throat clearing. Use a hard swallow or drink some water.
- You must start using your voice slowly and delicately following surgery. Adhere to the following schedule:
  - Use your voice for short periods of time followed by 15 minutes of voice rest.
  - Gradually increase the time you use your voice. Rest your voice often.
  - Ask your doctor if you should follow the following voice rest instructions. (Some procedures do not require it.)

**VOICE REST GUIDELINES** (These guidelines are for voice use per hour, per day.)

**WEEK 1:** 15-20 minutes of voice use per hour. 45-50 minutes of voice rest. Do not talk for more than 1-2 minutes at a time.

**WEEK 2:** 25-35 minutes of voice usage. 30-35 minutes of voice rest. Do not talk more than 5-6 minutes at a time.

**WEEK 3:** 40-50 minutes of voice usage. 15 minutes of voice rest. Do not talk more than 10 minutes at a time.

You **MUST** use a delicate, light, and very breathy voice. Use an easy vocal effort especially during weeks 1 & 2. Use a soft to moderate loudness, but **DO NOT WHISPER**. Use this easy voice primarily during week 1, gradually decrease its use during week 2 and use your normal voice, delicately, during week 3.

- Monitor your vocal abuses during these weeks; reduce your vocal abuses. Avoid loud talking, excessive talking, yelling, screaming, and throat clearing.
- Drink at least 8-10 glasses of water per day. Eliminate alcohol. Avoid caffeine. Do not smoke or chew tobacco. Use this time to quit smoking permanently.
- After a laryngoscopy, it is not unusual to experience altered taste, numbness of the tongue, sore throat, jaw pain, or mild difficulty with swallowing. These symptoms usually go away in a couple of days. If they persist for more than 5 days, call your physician.
- Call your doctor immediately if you experience shortness of breath, coughing up blood, or if you are unable to swallow

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## MicroLaryngoscopy, Vocal Cord Surgery, Bronchoscopy, Airway Surgeries (continued)

### **Diet**

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

### **Activity**

Light to moderate activity as tolerated is permitted. Heavy lifting, straining, and strenuous exercise should be avoided for at least one week following surgery.

### **Pain**

Neck pain and neck stiffness are to be expected. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain. Do not drive while taking narcotic pain medications. Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may also be used for mild-to-moderate pain. Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

### **Wound care (only applicable with Thyroplasty or other neck surgery)**

Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site. Patients may shower or bathe normally. You may get water on the incision. If you have stitches, they may get wet. If you have a plastic bandage over your incision, you may get this wet. If you do not have a bandage over the incision, apply antibiotic ointment such as Neosporin or bacitracin twice daily.

### **Nausea/Vomiting**

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

### **Medications**

Patient should resume all regular medications after surgery. Patient is also advised to take a reflux medication, a PPI (omeprazole), after laryngeal surgery to help reduce damage and improve healing to area of vocal cords.

### **Fever**

Please call the office if your temperature is greater than 102°F.

If you have any questions or concerns, please **call the office and ask to speak with the nurse.**