

POST-OPERATIVE INSTRUCTIONS FOR AIRWAY and VOCAL CORD SURGERY

What should be expected following AIRWAY and VOCAL CORD surgery? Please remember that you have just had major surgery. Please do not participate in any heavy lifting, exercise or physical contact unless cleared by your surgeon.

If you develop an upper respiratory infection, especially with coughing, please call our office, as this may increase your risk of bleeding. Please DO NOT SMOKE for at least 2-4 weeks as your tissue heals.

Diet

You may experience some sore throat or a sore tongue from the operation. This is due to either the pressure that the metal laryngoscope exerts on the tissues or because of the intubation.

It is not unusual for patients who have received general anesthesia to have some nausea and occasionally, vomiting. It is preferable to have clear liquids for the first meal then thick liquids or a soft diet (macaroni and cheese, mashed potatoes, soups, jellos, smoothies, and ice cream, etc.) as tolerated.

A regular diet may be resumed the next day. Also, pain pills may cause some nausea if taken on an empty stomach. It is preferable to take those pills with a piece of toast or some food.

Voice rest

1. Please observe relative voice rest for at least seven days. This gives the raw tissue in the larynx a chance to begin to heal. Occasionally, if the surgery has been extensive, you might be requested to observe absolute voice rest.
2. Hoarseness may last 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. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.

Medications:

1. Usually, antibiotics and pain medications are not needed for this procedure. If antibiotics or painkillers are prescribed, please take them as directed.
2. Occasionally, Phenergan suppositories may be necessary for nausea or vomiting.

Follow-up

Please schedule an appointment to be seen in the office in two weeks. **PHONE: 310-657-0123 or 310-657-6420.**

It usually takes 5-7 days for the laboratory to process the biopsy and give us a result, however, occasionally, it takes longer. We know that you are waiting patiently for the results. We will do our best to obtain the pathology report as soon as possible and we will notify you of the findings.

Note, it is difficult to refill your prescriptions after hours so please call during office hours and ask to speak with our nurse. If you have significant bleeding from your nose or mouth, develop high fevers or you develop the worst headache of your life that is not relieved by the pain-killers please call our office or visit the nearest Emergency Room.