



# LARYNGEAL SURGERY

## POST OPERATIVE INSTRUCTIONS

**704-868-8400**

### WHAT TO EXPECT

- Hoarseness, cough, sore throat
- Coughing small amounts of blood

### SPECIAL INSTRUCTIONS

- Voice rest is important for 48 hours. After this, a moderate speaking voice is recommended. Avoid vocal strain and especially do not whisper after surgery as this causes vocal strain.
- Do not smoke, especially during the first week after surgery.

### MEDICATION

- Use prescription pain medication, Acetaminophen, or Ibuprofen as necessary.

### ACTIVITY

- No restrictions.

### DIET

- No restrictions.

### POST OP APPOINTMENT

- Usually 1-2 weeks after surgery.

### WHEN TO CALL

- Call the office during routine hours for questions, concerns, changes, or refills of any medication. Make sure there is enough pain medication to avoid after-hour calls.
- After-hour calls should be limited to urgent problems such as difficulty breathing or swallowing, excessive pain, or bleeding.