



Direct Laryngoscopy/Vocal Cord Surgery Post-Operative Instructions

1. **Diet:** During the first 24 hours, take clear cold liquids. You may have a regular diet thereafter.
2. **Restricted Activities:** For the first four to six hours after surgery, limit activity to bathroom privileges. After that you may generally resume near normal activity. You most not smoke. Smoking will significantly increase pain and slow healing.
3. **Voice Rest:** We recommend voice rest for 2-4 days and vocal discretion after that for a certain period of time. This means that you should not talk at all for the first 2-4 days after the surgery. After this, you should not yell, scream or sing. You should also avoid talking loudly or speaking for extended periods of time. The surgeon can advise you when you may begin to use your voice more forcefully.
4. **Post-Operative Pain:** You may have a mild sore throat for 2-3 days after surgery. After the surgery, you can use throat lozenges or sprays to help numb the throat and make eating more comfortable. Tylenol can also be used to relieve discomfort. Do not use aspirin after the surgery until approved by your doctor.
5. **Time off work/school:** Because of the sore throat and the stress of surgery, you may need to take time off from school and/or work. The doctor will be able to advise you as to how long you may need to take off.
6. **Bleeding:** During the first few days following surgery, you may cough up some dark blood or blood clots. If bright red blood is present, please notify you doctor immediately.
7. **Fever:** It is common for you to run a fever below 100 degrees. If you experience a fever above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call our office at **459-8824**.
8. **Sleeping:** You should sleep in whatever position is most comfortable and it is highly recommended that a humidifier be used to keep the throat moist.

9. **Post-Operative Recheck:** We will need to see you in our office about one week after the surgery to make sure that everything is healing properly.

If you have any questions, please call our office at 459-8824.