

## Vocal Cord Surgery - Post Operative Instructions

### What to Expect

- It is common to have a sore throat for 3 to 5 days after surgery. Avoid taking aspirin, ibuprofen, Advil, or other products containing these medications. You can take Tylenol for pain relief as an alternative to narcotic pain medications
- It is very important that you stay well-hydrated and drink plenty of fluids during the recovery period
- Avoid alcohol, tobacco products, spicy foods or eating late at night as these may cause heartburn or stomach reflux and may delay the healing process
- Avoid coughing or frequent throat-clearing. Drinking water can help alleviate the urge to clear the throat
- Avoid any heavy lifting (more than 20 pounds), straining, exercise or sports activities for 2 weeks after surgery
- Follow your surgeon's voice rest instructions. You are to have absolute voice rest for 3 days. After that, you may begin to use your voice at a soft spoken level. You should only speak loud enough for people within an arm's length away to hear you. Do not yell or whisper. After the first 3 days of rest, you may increase your voice use by 5 minutes each day
- Call the office if you experience any of the following:
  - Fever higher than 101° F
  - Complete loss of voice
  - Difficulty breathing or swallowing
  - Bleeding from the mouth

### Nutrition

Some patients have less of an appetite, but it's very important to continue to drink plenty of fluids. Drinking fluids will help lessen the discomfort.

### Safety Information for Giving Medications

- Each time you give a medication, read the label
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled
- Use the exact amount ordered by your surgeon. If you have questions, ask the pharmacist
- Always watch your child take all of their medication
- Store all medications out of reach of children
- If your child takes too much of any medicine, call the Central Ohio Poison Center at (800) 222-1222

### Follow-up Appointment

Call the office at (937) 440-7872 to schedule your first follow-up appointment with your surgeon as instructed.