
HOME CARE INSTRUCTIONS-POSTOPERATIVE VOCAL FOLD SURGERY

Activities:

- Rest at home for two to three days following surgery.
- Avoid throat clearing and harsh coughing.
- Rest your voice for the next 5 days. This means complete silence.
- Do not whisper or talk for 72 hours.
- No smoking for at least 72 hours.
- You should use humidifier at night.

Diet and medications:

- Cool soft diet for the next 1-2 days.
- Drink 6-8 glasses of water per day for the next 7 days.
- Do not use straws and avoid drying agents (such as decongestants)
- Avoid alcohol, caffeine and antihistamines after surgery.
- Take any medication prescribed by your doctor according to the label instructions. Stop taking the medication and call your doctor if you develop skin rash, itching, swelling of the face or difficulty breathing.

General Information:

- You may experience some numbness of the tongue. This is due to instrumentation used to view the vocal folds and this will improve day by day.
- Laryngopharyngeal reflux is a common problem in patients with vocal fold problems. You may be asked to take reflux medications temporarily after surgery.
- Please call our office to confirm a follow up appointment is scheduled for 7-10 days following surgery, if you have not already received one on your discharge paperwork.

Call your Doctor, if you develop:

- Temperature of 101 or above.
- Pain not relieved with your pain medication.
- Labored breathing, shortness of breath or respiratory distress.

Please call our office with any additional questions or concerns.