



POSTOPERATIVE CARE AFTER VOICE SURGERY

GENERAL INSTRUCTIONS:

You may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours:

1. A responsible person should be with you at home.
2. Do NOT drive a car, operate machinery or power tools.
3. Do NOT drink any alcoholic beverages, including beer or wine.
4. Do NOT sign important papers or make important decisions.

DIET:

1. You are encouraged to drink 6-8 glasses of liquids every day (water, juice, jello, popsicles, ice cream, etc.). Avoid citric acid beverages. Prevention of dehydration is important and improves healing.
2. Advance to a soft diet as tolerated (soup, mashed potatoes, pasta, etc.).
3. Avoid scratchy foods (toast, crackers, chips, popcorn, or pizza crust) for 2 weeks.

MEDICATIONS:

1. For pain, you may take acetaminophen, Tylenol, ibuprofen, motrin, etc. as needed. Avoid aspirin unless taking it regularly for heart disease.
2. Throat pain may be improved with sore throat lozenges, ice chips, or cool compresses to the neck.
3. It is important to control even minimal acid reflux or heartburn. Take a prescribed or over-the-counter antacid for at least 2 weeks following surgery.

ACTIVITY:

1. Voice rest is very important. Avoid talking, throat clearing, and cough for 3-4 days after surgery (whispering is okay). You may gradually increase voice use to normal over the next 2 weeks. Avoid excessive talking, yelling, singing, throat clearing, cough, or hot and spicy foods.
2. Avoid strenuous activity, aerobic activity or lifting more than 20 pounds for 2 weeks after surgery.
3. Sleep with your head elevated on 2 pillows for several days following surgery.
4. You may miss several days of work, if necessary, for voice rest.
5. Avoid contact with people that have colds or upper respiratory infections if possible.

WOUND CARE:

1. You may have a sore throat for several days following surgery.
2. Maintain good oral hygiene. You may gargle and use mouthwash.

FOLLOW-UP APPOINTMENTS: 2 weeks. Call the office at 334-3370 to schedule an appointment.

CALL 334-3370 if any of the following occur:

1. Difficulty breathing or swallowing.
2. Dehydration (not drinking fluids, dark urine, infrequent urination).
3. Persistent nausea or vomiting.
4. Temperature of 101°F or higher.
5. Productive or persistent cough.

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