

Post-Operative Instructions: Laryngeal Microsurgery

These are general guidelines only. Your case may be different. If your physician has given you specific instructions, please follow them.

DEFINITION: Laryngeal microsurgery is removal of abnormal tissue from the vocal folds (cords) using precision microlaryngeal instruments and/or laser.

ROUTINE INSTRUCTIONS:

Activity:

- It is important not to traumatize the vocal folds after surgery. We ask that you limit your talking to a very minimum, and use an easy, soft, ‘confidential’ voice in terms of volume and effort.
- Carry a writing pad with you to communicate to reduce talking and explain to people that you are on “voice rest”.
- Your doctor or speech pathologist will instruct you further on voice restrictions after your first postoperative visit.

Diet:

- Eat lightly at first. Eat slowly to avoid choking or coughing.
- Maintain reflux precautions.
- Stay well hydrated.

Medication:

- Resume normal medications unless otherwise instructed by your physician.
- Be diligent with your reflux medications and precautions.
- Tylenol may be taken as needed for pain.
- Take any new medications prescribed by your physician, as directed.
- Do not drink alcohol; take tranquilizers, sleeping medication, or any non-prescription medication unless approved by your surgeon.

WHAT TO EXPECT:

- You may have a sore throat, mouth or tongue after microlaryngoscopy.
- You may have temporomandibular joint or ear pain.
- You may experience a surgical laryngitis that may make your voice temporarily more hoarse.
- You may have some blood-tinged sputum or vomit.
- A report from the Pathologist from your surgeon usually arrives in about one week.

CONTACT YOUR PHYSICIAN IF YOU HAVE:

- An uncontrollable cough.
- A fever of 101 degrees (by mouth) or higher.
- Difficulty breathing.

- A cough producing greater than 1 tablespoon of blood, or persistent blood-tinged cough.

POST-OPERATIVE CARE:

- You will see your surgeon in one week after surgery unless otherwise instructed.
- Please have a family member or friend call our office to set up an appointment with your surgeon if not already scheduled.
- **If you have an urgent problem and are unable to reach your surgeon through the office phone, please go to the emergency room.**

PRECUATIONS:

- You should not drink alcoholic beverages or operate power driven equipment/appliances while taking pain medication which contain codeine or derivatives of narcotics such as Lortab as these medications may impair judgment.

If you have any concerns not covered here or by your surgeon, please contact the office. After hours the telephone answering machine will instruct you as to how to contact the physician on call.



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