

Postoperative Care After Voice Surgery

General Instructions

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

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

Diet

- Drink 6-8 glasses of fluids every day (water, juice, jello, popsicles, etc.). Avoid citric acid beverages. Prevention of dehydration is important and improves pain control and healing.
- Advance to a soft diet or regular diet as tolerated. Avoid scratchy foods (i.e. toast, crackers, chips, and popcorn) for 2 weeks.

Medications

- For discomfort, you may take acetaminophen, Tylenol, or ibuprofen in the recommended dosage. Avoid aspirin unless taking it regularly for heart disease.
- Throat pain may be improved with sore throat lozenges, ice chips, or cool compresses to the neck.
- It is important to control even minimal acid reflux or heartburn. Please take an over-the-counter (i.e. Prilosec, Tagamet, Tums) or prescription acid reducer for at least 2 weeks following surgery.

Activity

- Avoid strenuous activity, aerobic activity or lifting more than 20 pounds for 1 week after surgery.
- Sleep with your head elevated on 2 pillows for several days after surgery.
- You may miss several days of work, if necessary, for voice rest.
- Avoid contact with people who have colds or upper respiratory infections if possible.

Wound Care

- Voice rest is very important. Minimize talking, throat clearing, and coughing for 3-4 days after surgery. You may gradually increase voice use to normal over the next 2 weeks. Avoid excessive talking, yelling, singing, throat clearing, coughing, and hot or spicy foods.
- You may have a sore throat for several days following surgery.
- Maintain good oral hygiene. You may gargle and use mouthwash.

(continued care instructions on back)



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Follow-Up Appointment

Call the office at **541-334-3370** to schedule your 1 week follow-up appointment.

Call 541-334-3370 if any of the following occur:

- Difficulty breathing or swallowing.
- Dehydration (not drinking fluids, dark urine, infrequent urination).
- Persistent nausea or vomiting.
- Temperature of 102 F or higher.
- Productive or persistent cough.