



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, operative 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. 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.
2. Advance to a soft diet or regular diet as tolerated. Avoid scratchy foods (i.e. toast, crackers, chips, and popcorn) for 2 weeks.

MEDICATIONS:

1. For discomfort, you may take acetaminophen, Tylenol, or ibuprofen in the recommended dosage. 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. Please take an OTC (i.e. Prilosec, Tagamet, Tums) or prescription acid reducer for at least 2 weeks following surgery.

ACTIVITY:

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

WOUND CARE:

1. Voice rest is very important. Minimal talking, throat clearing, and cough 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, cough, or hot and spicy foods.
2. You may have a sore throat for several days following surgery.
3. Maintain good oral hygiene. You may gargle and use mouthwash.

FOLLOW-UP APPOINTMENTS: 1 week. 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 102°F or higher.
5. Productive or persistent cough.

Susan L. Urben, M.D. • W. David Tom, M.D.
Prashant Vivek, M.D.

O T O L A R Y N G O L O G Y , H E A D A N D N E C K S U R G E R Y

TEL: 541.334.3370 • FAX: 541.334.3372 • 330 S. GARDEN WAY, SUITE 300 • EUGENE OR 97401