

Laryngeal Surgery

General Information

After the procedure, you may have some nausea, general muscle aches and feel tired for 1 to 2 days.

Your throat may feel sore or slightly swollen for 2 to 5 days. You may sound hoarse for 1 to 8 weeks, depending on what was done during the procedure.

You should speak as little as you can for 1 to 2 weeks after the procedure. If you must speak, use your normal tone of voice and do not talk for very long. Avoid whispering or shouting which can strain your vocal cords as they are trying to heal.

Try to avoid coughing or clearing your throat while your throat heals. These activities can also damage your vocal cords.

If the doctor took a sample of tissue during your procedure it's normal to spit up a small amount of blood after the procedure. Talk to your doctor about how much bleeding to expect and how long the bleeding may last. If the doctor took a biopsy, you will be called with the test results which may take one to two weeks.

Activity

Rest when you feel tired. Getting enough sleep will help you recover.

Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for at least 1 week or until your doctor says it is okay.

Ask your doctor when you can drive again.

If your job requires you to use your voice, you may need to take 1 to 2 weeks off from work.

Diet

Drink plenty of fluids to avoid becoming dehydrated.

If your throat is swollen or sore, drink clear fluids such as water, apple juice, and flavored ice pops. Start out with cool, clear liquids; flavored ice pops; and ice cream. Next, try soft foods like pudding, yogurt, canned or cooked fruit, scrambled eggs, and mashed potatoes.

Avoid hot drinks, soda pop, and citrus juices, such as orange juice. These may cause more swelling and pain. Do not eat hard or scratchy foods such as chips or raw vegetables until your throat has healed.

Medicines

Your doctor will tell you if and when you can restart your medicines. He or she will also give you instructions about taking any new medicines.

If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure you understand exactly what your doctor wants you to do.

Take pain medicines exactly as directed. If the doctor gave you a prescription medicine for pain, take it as prescribed. If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.

If you think your pain medicine is making you sick to your stomach:

- Take your medicine after meals (unless your doctor has told you not to); or
- Ask your doctor for a different pain medicine.

If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.

Throat Care

Suck on throat lozenges or gargle with warm salt water to help your sore throat.

For several weeks, or until your doctor says it is okay, try to avoid coughing or clearing your throat. If you feel like you need to clear your throat, try taking a few sips of water.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Call Your Doctor if:

- You cough up a lot of blood or have bleeding that lasts for 24 hours;
- You have trouble breathing; or
- You have symptoms of a blood clot in your leg (called a deep vein thrombosis), such as:
 - Pain in the calf, back of the knee, thigh, or groin; or
 - Redness and swelling in your leg or groin.

Seek Immediate Medical Assistance/Emergency Care if:

- You pass out (lose consciousness);
- You have severe trouble breathing; or
- You have sudden chest pain and shortness of breath, or you cough up more than a few drops of blood.

Questions for Your Doctor/Other Instructions:
