

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 in any way after surgery. Therefore, we ask you to not talk, cough, laugh, whisper, strain, bear down, or even mouth words until your first visit after surgery.
- Carry a writing pad with you to communicate, and perhaps, wear a badge explaining that you are on “voice rest”.
- Your doctor will instruct you on further voice restrictions after your first postoperative visit.

Diet:

- Eat lightly at first.
- Eat slowly and avoid choking or coughing.
- Maintain your reflux diet.
- Stay well-hydrated.

Medication:

- Go back to your prior medication unless otherwise told by your physician
- Be diligent with your reflux medications.
- Tylenol® may be taken as needed for pain.
- You may have been given a prescription by your physician, take as directed.
- Robitussin DM or Mucinex DM may be taken to help suppress a cough.
- 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 the voice temporarily more hoarse after the operation for a few weeks.
- You may have several episodes of blood-tinged sputum or vomit.
- A report from the Pathologist to your surgeon usually arrives after one (1) week.

CONTACT YOUR PHYSICIAN IF YOU HAVE:

- Uncontrollable cough.
- A fever of 101 degrees (by mouth) or higher.
- Difficulty breathing.
- The amount of blood being spit up is more than one (1) tablespoon or is persistent.

POST-OPERATIVE CARE:

- You should see Dr. Rubin and Dr. Menaldi 1 week after surgery unless instructed differently. Please have a family member or friend call the office to set up appointments with each doctor.
- **If you have an urgent problem and are unable to reach your physician surgeon through the office phone system, please go to the emergency room.**

PRECAUTIONS:

- You should not drink alcoholic beverages or operate power driven equipment/appliances while taking pain medication which contains 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 office hours the telephone answering machine will instruct you as to how to contact the physician on call.

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