



VOCAL CORD SURGERY DISCHARGE INSTRUCTIONS

Depending on the specifics of the surgery, **voice rest may be indicated**. With any vocal cord surgery, voice use **should be limited**. Try to keep the volume down but **without whispering**. Whispering causes a significant amount of stress on the vocal cord.

It is common to have **ear pain** after vocal cord surgery as there is a direct sensory nerve connection between the two areas. Ear pain should be lessened with the pain medication prescribed.

It is common for your voice to be significantly **WORSE than before surgery**. Unless otherwise told by your surgeon, your voice should recover over the next few weeks.

You may have streaks or small amounts of **blood in your saliva or mucous** that you clear from your throat. If however, you are coughing up larger amounts of blood or have difficulty breathing or neck swelling, please call.

Typically there are **no dietary restrictions** after vocal cord surgery, but you may find due to swelling that it is **easier to swallow softer foods**.

Occasionally patients get **muscle aches or weakness** that usually peaks on day 3 and resolves within one week. If this occurs take Motrin 800 mg three times daily and call the office to notify us. This is typically a side effect of anesthesia, is rare, and usually resolves without any additional treatment.

The patient may **return to school/work as desired** but curb your activities, **avoiding bending and straining for 1 week**.

If you develop a fever over 102.5 during the first 24 hours after surgery, please call the doctor.

Do not drive for 24 hours after having general anesthesia or if you are taking pain medication.

If arrangements for follow-up have not been made before you leave the surgery center today, please call the office you are usually seen in to make those arrangements.