

CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

Adult and Pediatric Ear, Nose and Throat and Allergy Evaluation and Treatment

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Head and Neck Cancer Surgery
Thyroid & Parathyroid Surgery
Sinus Surgery
Allergy Evaluation and Treatment
Audiology and Hearing Aids

POST OPERATIVE INSTRUCTIONS AFTER LARYNGEAL SURGERY

- 1) STRICT VOICE REST IS MANDATORY until the doctor sees you in the office (7-10 days). When you speak, the vocal cords vibrate against one another forcefully. Any raw surface will be further traumatized by speech so it is very important that you do not speak.
- 2) If you must speak, use your normal voice. DO NOT WHISPER. This is much more traumatic on the voice box than normal speech is.
- 3) Do NOT clear your throat or try to cough.
- 4) Smoking is bad in general but it is considerably worse when there is a raw surface on the larynx.
- 5) Try to avoid hot or spicy foods for a few days (3-5). Drink plenty of cool liquids but avoid anything with caffeine (coffee, tea, soda, iced tea, chocolate, peanuts...). Caffeine is a diuretic which makes you lose water. The first thing to dry up are the mucous membranes of the throat, voice box... A lot of caffeine will delay your recovery. You should also avoid citrus juices since they are acidic.
- 6) Try to sleep with your head elevated as much as possible.
- 7) Avoid eating or drinking within a few hours of going to sleep. This particularly important if you are prone to esophageal reflux. Any acid that refluxes up can cause considerable laryngeal irritation.
- 8) If you have ANY problems, questions or concerns before or after your surgery, please call the office.

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