

Postoperative Laryngeal (Voice Box) Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I see signs of infection such as a fever above 101.5 degrees, I will call my doctor's office.
- If I am short of breath or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- I will have a sore throat for several days.
- I will have some blood in my spit for several days.

When will I see my doctor?

- I need to have a follow-up appointment with my doctor in 1-2 weeks after surgery.

What about my pain?

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
 - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
 - I will not drive if I am taking narcotic pain medication.
 - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will take my acid reflux medicine if my doctor instructs me to.
- I will follow pain medication instructions given by my nurse or pharmacist.

How do I care for my surgical site?

- I will rest my voice for 2-7 days. This means no talking, whispering or yelling.
- I will try to avoid coughing and straining.
- If I absolutely must talk in these 2 days, I will use a normal voice. Whispering is worse than speaking normal.
- I may eat whatever I feel comfortable eating. But, it is easiest to start with liquids and slowly add foods to my usual diet over the next 1-2 days.

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