

Laryngeal Surgery

Postoperative Instructions

Special Instructions

- Voice rest for three days after surgery.
- Do not drive if you are taking narcotic pain medication or medication for dizziness.

Medication

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- If you were previously taking aspirin or other blood-thinning agents, discuss with your surgeon when to restart these medications.

Activity

- You may do some limited aerobic exercise as tolerated.

Diet

- No restriction.

Postoperative Follow-up Appointment

- Usually one week after surgery. Call 636.441.3100 should you need to reschedule or confirm.

What to Expect

- Sore throat, raspy voice, tight jaw or a swelling feeling in the tongue may be expected for several days after surgery.
- Discomfort will gradually improve over the first week and should respond to pain medication.

When to Call

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
 - Excessive bleeding
 - Swelling that is limiting your ability to swallow or breathe
 - Adverse reactions to prescribed medications, such as rash or vomiting
 - Fever >101.4° that does not respond to Tylenol® or Motrin®

Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.