



Post- Operative Instructions Microlaryngeal Surgery

What can I expect after surgery?

The recovery period after this procedure is generally smooth and uncomplicated. However, an occasional situation may arise which can be distressing for you as a patient, or a family member. The following general information and suggestions may help you through this period.

How will I feel after surgery?

- A sore throat is common following this surgery and may last for 1 week.
- Sores in the mouth, or swelling of the lips may occur, and should resolve within one week. You may also have a metallic taste in the mouth, taste change, tongue numbness and/or swelling. This should also resolve in approximately 1-2 weeks.
- You may experience some nausea/vomiting which should improve in the first day.
- You may have low-grade fever, less than 100 degrees for a few days.

Are there diet restrictions after surgery?

- Liquid is essential. Start with ice chips, sips of water, or your favorite fruit juice drink, then progress to at least an 8 ounce glass of liquid per hour until you are able to tolerate solid food.
- If swallowing liquids causes chest pain or shortness of breath, please contact your doctor immediately.
- Cold liquids, non-acidic juices, sherbet ice cream, and Popsicles are tolerated better within the first 24 hour period. You may then progress to soft foods gradually (Jell-O, custard, soft boiled or scrambled eggs, pudding, mashed potatoes).
- Drink lots of fluids to keep your throat moist.
- Avoid acidic foods and juices, (orange, tomato) salty, and fried foods (potato chips, French fries, hard toast, and popcorn).
- You may also consider an anti-inflammatory diet to help decrease systemic inflammation and potentially decrease recurrence of stenosis.

Are there activity restrictions after surgery?

- Rest with limited activity at home for 24-72 hours.
- Avoid lifting (greater than 10 pounds), straining, or vigorous activities. You may return to work/school in generally after 1 to 2 days if your pain is controlled without narcotics/controlled substances and you feel up to it. It is okay to rest and recovery for longer if required.

**How do I manage pain after surgery?**

- Take tylenol and/or motrin as-needed for pain. You may alternate these medications every 3 hours for up to 3 days for pain management. You may receive prescriptions for pain medications, possibly antibiotics and medications for nausea if needed.
- Take pain medication as prescribed every 4-6 hours as needed. Eating will be easier one-half hour after taking pain medication.
- Use nebulized saline and humidification as much as possible but especially while asleep to help decrease throat/airway irritation and encourage good healing.

What follow-up care will I receive?

- Pathology results can take between 3-7 days to obtain.
- You will be given an appointment to return to clinic for a post-operative check before you are discharged from the hospital. This will usually be about one to two weeks after surgery.
- Bring any questions you have to this appointment. If you are unable to keep the appointment, please be sure to call and reschedule.
- Please also use your peak-expiratory flow (PEF) meter starting 2 weeks after surgery. Use your PEF meter at least 3 times per week and keep a log of your numbers. Please bring your log to your follow-up appointments and evaluations.

When should I call my doctor?

- If you have chest pain, lightheadedness within the first 48 hours or upon standing.
- If you have difficulty breathing inability to swallow.
- If you have persistent vomiting.
- If you have progressive low neck pain.
- If you have neck swelling and/or redness or progressively worsening pain.
- If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.

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