



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.

1111 Raintree Circle Suite 280 Allen, TX 75013
5220 W University Dr. Professional Bldg. 2 Suite 150 McKinney, TX 75071
4001 W 15th St. Suite 225 Plano, TX 75093
11700 Teel Pkwy. Suite 201 Frisco, TX 75033
1790 King Arthur Blvd Suite 120 Carrollton, TX 75010
1060 S Preston Rd Suite 106 Celina, TX 75009
P: 972-984-1050
www.enttx.com

