



Instructions to follow after laryngeal surgery

1. Voice rest for 2 days. No singing, shouting, straining or whispering until the physician gives you permission. After 2 days, talk only when necessary for one week.
2. No alcoholic beverages or cigarettes
3. Complete any medication you received while in the hospital
4. Your post-operative appointment should be scheduled and kept
5. Contact the office if you have any questions

Dietary Instructions

AVOID

Citrus fruit juices, hot and highly seasoned foods and chips

FIRST DAY

Drink abundant amounts of water and small quantities of milk. Ice cream or sherbet may also be taken. Milk, strained cereal, malted milk, Jell-O, pudding, beef and chicken broth may be added to diet

SECOND DAY

Soft foods may be added gradually

THIRD DAY

Regular diet is slowly resumed

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