

## Post-Operative Instructions: Laryngoscopy and/or Vocal Cord Biopsy

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- Rest your voice. Your voice may be very hoarse immediately post-operatively. Avoid singing, shouting, or whispering. When you must speak, use an easy, relaxed voice. Try to limit voice use to 50% of normal for the 1st week after your surgery.
- **NO Smoking!** Smoking delays healing and creates inflammation.
- You may have a sore throat for 1 week or more. Start with a soft diet. Often a cool diet will ease swallowing discomfort. Avoid acidic juices (ex. Orange or grapefruit juice) and spicy foods.
- Avoid coffee (regular and decaf), non-herbal tea, soda, and tomato products for 4 weeks after surgery—these promote acid reflux which can be irritating to the throat and voice box.
- Maintain humidity in your bedroom with a warm or cool mist humidifier.
- NO alcoholic beverages for 2 weeks.
- Avoid clearing of your throat as much as possible.
- If you have pain or fever, take Tylenol® or other medication your doctor prescribed. Avoid Aspirin-containing or Ibuprofen-containing medications.
- **Call your doctor if you:**
  - Develop a persistent cough or fever
  - If you experience any bleeding or difficulty breathing
  - If you have severe symptoms, proceed to the nearest emergency room IMMEDIATELY
- Continue to take any of your regular prescription medications unless otherwise instructed by your doctor.