



Direct Laryngoscopy/Vocal Cord Post-Operative Care

Expectations

- Most patients have mild throat pain for 1-2 days.
- There may be some bruising and tenderness of your lips/gums.
- Ear pain is common after this surgery. The throat and the ear have a common sensory nerve and thus you can have referred pain.
- Rarely patients will experience full body muscle aches for the first few days after surgery. This is related to the anesthetic used to put you asleep.

Activity

- Most patients can return to work 2-3 days after surgery.
- No physical education or athletic activities for one weeks post-operatively.
- Do not begin driving until at least 24 hours after surgery. You may begin driving when you can comfortably turn your neck from side to side.
- Avoid heavy lifting (>10 lbs).
- Bedrest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery.

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain control
 - Ibuprofen 400 mg every 6 hours as needed
 - Acetaminophen 650 mg every 6 hours as needed
 - In certain circumstances, you may be prescribed a medication for pain. This will be at the discretion of your physician.

Diet

- Immediately after surgery, you will be started on clear liquids.
- A softer diet may be necessary for a few days. You can advance your diet back to normal at your own discretion.

Wound Care

- Avoid coughing and throat clearing.
- Avoid talking loudly or excessively. Avoid talking on the phone for the first few days after surgery.
- Complete voice rest may be necessary for a few days after surgery. This will be at the discretion of your physician.
- A cool mist humidifier may be helpful to have in your bedroom.

Follow-up

- You will be scheduled for a follow-up 7-10 days after surgery.
- Pathology/Biopsy results will be discussed at your first post-operative appointment.

Call Lakeside ENT & Allergy at 585-394-8800 if you develop any of the following symptoms:

- Difficulty breathing
- Fever >101.5
- Poorly controlled pain