

DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

Otolaryngology – Head and Neck Surgery

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Instructions following Laryngoscopy, Suspension Microlaryngoscopy, and Laser Laryngoscopy

1. Voice rest may be necessary if any work has been done on the true vocal cords, as opposed to other parts of the voice box. Your surgeon should advise you of this necessity. It means no speaking, including no whispering, which is actually just as harmful as yelling. Use a pad/pencil and a bell or noise maker, to get attention. In most cases, 3 days (72 hours) of voice rest is all that is necessary. After that, speak quietly in a normal tone of voice without shouting, whispering, or trying to project the voice. Teachers, etc., may need an electric megaphone, available at Radioshack, to project the voice electronically.
2. Best to avoid caffeine containing drinks: coffee, tea, colas and carbonated beverages for several weeks. If you are on reflux medication such as Nexium or Prevacid, make absolutely sure to keep taking it, and follow the diet prescribed for treating the reflux.
3. The voice will not necessarily become normal for 6 to 8 weeks.
4. Usually, Tylenol is sufficient for pain medication.

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