ENT Associates

Making sense of your family's hearing, sinus and throat problems

# Microlaryngoscopy—Postoperative Instructions

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

## Activity

- Relative rest for the first day or two after surgery, then you may resume normal activity
- Sleep in whatever position is most comfortable.

## Diet

- Intake of fluids is important to maintain adequate hydration and ensure rapid recovery. Cold, clear liquids are best.
- Soft foods may be easier to tolerate for a few days after surgery, then resume your normal diet.

## Voice Rest

- Resting your voice is essential to ensure adequate healing and recovery of the vocal cords.
- Use a pen and paper to communicate. If you must speak, use your normal voice. Avoid yelling and whispering.
- Generally rest your voice as much as possible for 7-14 days after surgery or as instructed by your physician.
- Do NOT smoke for a few days after surgery as this will cause pain and slow healing.

## Pain

- You may experience some pain for the first 2-3 days after surgery. You can use throat lozenges to help mitigate pain and make eating and drinking more comfortable.
- Use Tylenol as directed, or medication prescribed by your doctor.

*(continued on back)*

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## Bleeding

- During the first few days after surgery, you may cough up dark blood and/or blood clots. If bright red blood is present, please notify your doctor immediately.

## Fever

- It is common to run a slight fever (<100°F). If you experience a fever > 100° F for more than one day or a fever > 103°F for any period of time, notify your physician.

## Emergencies

During office hours, please call **727-791-1368** and follow the prompts to speak to a Medical Assistant if you experience persistent bleeding or bleeding where bright red blood is present, fever (as decribed above) or intolerable pain unrelieved by medication. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

SCAN ME

## For office address and contact information:

| | | |
|---|---|---|
| Clearwater | Facial Aesthetics Center | St. Petersburg |
| Countryside | Largo | Tampa (Westchase) |
| Dunedin | Spring Hill | Trinity |