



Ear, Nose & Throat
Specialist of St. Cloud

POSTOPERATIVE VOICE SURGERY

- Most patients will notice a sore throat after vocal cord surgery. Pain medicines and antibiotics may be prescribed for a few days to help with healing and your comfort.
- **Complete voice rest for 1 week**, this means no talking if you don't have to. Whispering is not permitted after any vocal cord surgery. Whispering generally results in maladaptive habits that can be difficult to break during the healing process.
- **Coughing and throat clearing should be avoided for at least 14 days.** If you feel a need to clear secretions from the throat, take a full breath, hold it briefly, and let it all out on a silent "H" sound. This will effectively clear mucus from the throat without harming the vocal cords. The prescription pain medication also works well as a cough suppressant (take as directed).
- Be sure to drink plenty of liquids. Cool, clear liquids (water, Gatorade, clear juices) are best. Avoid hot liquids for 7 days.
- You may advance your diet as tolerated after surgery. Avoid things that are hot or acidic for 5 - 7 days.
- You may notice some numbness of the tongue. This is from the instruments used to view the vocal cords, and may last a few days after surgery.
- Although bleeding is usually minimal, you may notice some blood-stained mucus the first day or two after surgery. If it persists or increases, please call the office (407) 992-9229
- Depending on your type of voice surgery, you can note voice improvement within several weeks to three months after the surgery is accomplished.