



## Postoperative Instructions for Microlaryngeal Surgery

1. Rest the voice for 7 days after surgery. This means talk only when absolutely necessary. If you must talk, speak in your normal volume. Do not strain to increase the volume. Do not whisper. Try to avoid clearing the throat for 2 weeks after surgery.
2. The tongue may be numb after surgery. This is due to pressure applied to the tongue when the laryngeal scope is in place. This may last a few weeks. You may have some abnormal taste sensation.
3. Your jaw joints may be sore after surgery.
4. Avoid foods that cause indigestion/heartburn. Try to drink plenty of plain water. Avoid coffee or other beverages with caffeine for 2 weeks. Otherwise, there are no dietary restrictions.
5. Shortness of breath is uncommon. Call if you feel very short of breath.
6. Vocal cord surgery may include a biopsy or complete removal of a lesion. Depending on the extent and type a surgery, the voice quality after surgery will vary. Surgery may not correct hoarseness. There is a possibility it will worsen the voice quality.

I, \_\_\_\_\_, confirm that I have read and understand the information provided before the date of surgery.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date