

Laryngeal surgery

Post op instructions:

1. Voice rest is recommended. This involves not raising the voice or whispering. Speaking for short times is fine, using a normal voice.
2. Please take anti-reflux medication if prescribed, even if you do not usually experience acid reflux. Other anti-reflux measures include having a small evening meal, avoiding alcohol and not smoking. You should aim to retire to bed feeling slightly hungry.

What to expect:

1. Your voice may be hoarse for several weeks following surgery, with gradual improvement over that time.
2. Discomfort on the muscles of the jaw and throat, or upper teeth is common following laryngeal surgery, and should respond to simple over-the-counter pain relief.
3. It is not unusual to expectorate a small quantity of blood for a few days following surgery.

Contact the rooms of Mr Walsh or present to an emergency department if:

1. You have steadily worsening pain, bleeding or voice deterioration.
2. You develop noisy or difficult breathing.
3. You have any adverse reaction to prescribed medication.