

18 August 2020

Microlaryngoscopy

What to Expect

You may have a sore throat and/or tongue after the surgery, owing to pressure from the surgical laryngoscope. This discomfort is usually mild, and lasts no more than 24-48 hours.

Your voice will be hoarse after the surgery for 1-3 weeks, and will gradually improve.

Smoking

Please do not smoke after the operation. Smoking is bad for your health and will also worsen wound healing.

Diet

There are no specific dietary restrictions following surgery. As some people may experience some nausea and/or vomiting following surgery, a light meal is recommended after the operation. You may resume your normal diet the following day. It is important to drink plenty of water, as good hydration is beneficial for the vocal folds. Avoid caffeinated drinks (tea, coffee, coke) and alcohol.

Voice Rest

Voice rest is important after surgery on the vocal folds.

Total voice rest is recommended for the first **7 days** following surgery. Longer periods of *limited voice rest* may be required in some cases.

Total voice rest means that no sound should be produced at all - no speaking, singing, whispering, humming, whistling, coughing or throat clearing.

Limited voice rest means using a normal conversational voice, and minimizing the amount of time you use it. Limit your voice use to approximately 15 minutes per hour. You should only speak to someone who is within arm's reach so that you avoid raising your voice. You should also avoid using the telephone.

Coughing & Throat Clearing

It is important to avoid coughing and throat clearing as these can be harmful to the vocal folds, especially when they are healing after surgery. If you have the sensation of mucus in the throat take a sip of water to clear the mucus. If the sensation persists you can use an air cough or singer's cough. To clear mucus using this technique take a deep breath in, and then rapidly and forcefully breathe out without making any sound. This sounds like a huff.

Medications

You may require anti-reflux medications (eg. omeprazole) or steroid medications (eg. prednisone) after the surgery.

After Hours Assistance

If you have any urgent post surgery concerns after hours, the on call ENT Surgeon can be contacted on: 0499 330 021.

The after hours number does not accept SMS messages, images or appointment bookings