

THE CENTER FOR THE CARE OF THE PROFESSIONAL VOICE
C. MICHAEL HABEN, M.D., M.Sc.

Breathing (Windpipe) Surgery

Post-operatively, you should be breathing better than pre-operatively, so there are no “activity” restrictions starting on the day after surgery. The day OF surgery, the anesthesia is still in your body, and patients are typically nauseated. You are restricted from driving today. People respond to the anesthesia differently. Some only feel ‘groggy’ for the day of surgery, others are ‘out-of-it’ for 4-5 days. Your body and common sense will dictate when you can resume work. Typically, one week off of work/school suffices.. A note off from work/school will be provided at your post operative follow-up visit.

There is no post-operative voice rest, but expect a surgical laryngitis that can last for up to a week. This is nothing to worry about, it will resolve.

There are no dietary restrictions post-operatively, however, some prefer softer, colder foods and fluids. Your body and common sense should dictate your diet. Sometimes taste will be altered post operatively for up to a month or so. This is due to the pressure of the scope on the tongue causing a “Charlie-hoarse” on the taste nerve. This is annoying, however it is expected to fully resolve in time. Please be patient.

You may use extra-strength tylenol or ibuprofen (such as Advil or Alleve) for post-operative discomfort. If these medications are not sufficient, please call the office. We are happy to provide a stronger medication, however, it usually means that something else is going on (such as an infection). You may use Mucinex (or equivalent in liquid form) for the phlegm and mucus if needed. It is very important to be taking lifelong acid medication, such as Prilosec or equivalent. EVERY patient should go home on a six-day dose of steroids to begin the DAY AFTER surgery (IV steroids are given during the operation).

Your follow-up appointment should have been scheduled prior to your surgery. It is usually 8 days after the surgery. If you unclear as to when your appointment is, please call Neyssa at our office for confirmation.

THINGS TO LOOK OUT FOR: *increasing* hoarseness/ laryngitis the day after surgery
crunching sound in the neck skin, like “bubble wrap”
fever over 101.5, or *increasing* throat pain
ANY new breathing difficulty

Special Instructions: CALL THE OFFICE on the day after your surgery just to check-in !!!

QUESTIONS: (585) 442-1110

POST-OPERATIVE INSTRUCTIONS