

# Papilloma Surgery

Post-operatively, you are on ONE WEEK of strict voice rest. This also means NO whispering, or mouthing words. Traumatizing the vocal folds during the first week after the surgery is associated with early recurrence of the papillomas, AND irreversible scarring with permanent hoarseness. For the second week after the surgery, you may speak up to 5 minutes per hour. If you overuse the voice during the second week, it should still heal normally, it will just take much longer. Papilloma surgery is usually rather extensive, and you should expect a “surgical laryngitis” to last for the first 3-4 weeks. The longer the surgery took = longer for the voice to recover.

There are no dietary restrictions. You are on a “see-food” diet. If you “see food” and want to eat it, then eat it! 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.

Work and activity: 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 and physical activity. Typically, one week off of work/school suffices.. A note off from work/school will be provided at your post operative follow-up visit.

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, which is considered to reduce papilloma recurrences.

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.

Special instructions: \_\_\_\_\_  
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QUESTIONS: (585) 442-1110