

Vocal Cord Paralysis

After the surgery your 2-inch incision is held by a blue stitch and “steri-strips” (little bandages), which should be left alone and kept dry. The stitch will be painlessly removed 8 days later. You may bathe, and wash your hair, but may not shower or get the incision wet until your one-week post operative visit. Antibiotics are routinely given after the surgery. IV antibiotics are given during the surgery. Start your antibiotic prescription on the first day after the surgery. Call the office immediately if you develop increasing redness, swelling, pain or drainage from the incision, or a fever greater than 101 degrees.

You may be given different (sometimes conflicting) post-operative instructions regarding your voice. The only ones that count are these! There is NO voice restriction or voice rest. You should notice a difference almost as soon as you wake up from the procedure. The final results take about six weeks, when all of the swelling from the surgery resolves. Expect a “surgical laryngitis” (hoarseness) for the first few weeks.

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

Work and activity: people respond to the intravenous 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. There is NO lifting anything heavier than a gallon of milk until your post-operative appointment. 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).

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: _____

QUESTIONS: (585) 442-1110