

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

# Swallowing Pouch Laser Surgery

Once discharged from the hospital, there are no dietary restrictions. On the contrary, you are encouraged to “test” your swallowing against a wide variety of food consistencies, especially those which gave you difficulty pre-operatively. Begin slowly, however you should be consuming a normal diet by the end of the first week.

Work and activity: people respond to general anesthesia differently. Some only feel ‘groggy’ for a few days following surgery, while others are ‘out-of-it’ for 7-10 days. Your body and common sense will dictate when you can resume physical activity/work. Typically, 1-2 weeks suffice.

Medications: you will be given a prescription strength antacid (Prilosec® or equivalent) to take each morning for one month, even if you do not have a history of heartburn. You will also be given an antibiotic to take for the first five days until the throat heals. Start the antibiotic the day AFTER you come home from the hospital. 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 excessive phlegm and mucus IF needed.

## THINGS TO LOOK OUT FOR:

Pain in the throat that is getting worse, not better, day after day  
Fever more than 101.5 degrees  
New onset breathing difficulties

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: \_\_\_\_\_

POST-OPERATIVE INSTRUCTIONS

QUESTIONS: (585) 442-1110