

Feminization Laryngoplasty

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 and steri-strips need to be removed 8-10 days after the surgery, here, or at your local doctor’s office. You may bathe, and wash your hair, but may not shower or get the incision wet until the stich is removed. 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. The swelling over the voicebox and incision generally take 6 months to fully mature, especially if I shave the Adam’s Apple. Be patient! After the stitch is removed, keep the incision covered when outside and exposed to full sunlight for 3 months by using a high SPF sunscreen.

There is 7 days of strict voice rest after the surgery, which also means no whispering or mouthing words. Once you begin to gently use the voice on the 8th day after the surgery, expect a “surgical laryngitis” (hoarseness) for the first few weeks. The final results take about 8 weeks, when all of the swelling from the surgery resolves. Do not worry about things that you have no control over, such as talking in your sleep. Try not to clear your throat, instead take sips of water to suppress the urge. If you develop a cough or cold after the surgery, call the office for a cough suppressant prescription. Remember, even though the pitch of the voice will be raised to within the female range, all patients require speech therapy to acheive a voice that is perceived as being female. The amount of speech therapy depends on the patient, and on the skills & experience of the speech therapist. We are happy to recommend an experienced local speech therapist if desired.

There are no dietary restrictions after the surgery. 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 during the ‘endoscopic’ portion of the procedure. This is annoying, however it is expected to fully resolve in time. Please be patient.

Work and activity: people respond to 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 all activity suffices for recovery. There is no lifting anything heavier than a gallon of milk until the stitch is removed.

You will be given a prescription for a narcotic pain medication to use after the surgery. It also contains codeine, which should help decrease the cough. The narcotic may be used every 6 hours. Between doses of the narcotic, you may use a liquid ibuprofen or Tylenol that you purchase over-the-counter without a perscription.

Your follow-up appointment is tomorrow. Please call the office if you do not remember the time.

QUESTIONS: (585) 442-1110