

## Voice Masculinization Surgery Post-Op Instructions:

PLEASE READ THROUGH EVERYTHING CAREFULLY AND KEEP FOR REFERENCE

OFFICE (585) 442-1110  
AFTERHOURS (888) 549-2261  
EMAIL: michael.haben.MD@professionalvoice.org

There are 15 days of strict voice rest after the surgery. This means no talking, whispering, mouthing words, moaning, groaning, grunting, sighing or coughing.

Afterwards, you are on 15 additional days of relative voice rest which means using single words, short answers, humming, or sighing.

Once you begin to gently use the voice, expect a severe “surgical laryngitis” (hoarseness) for the first 6-12 post op weeks. In the beginning the voice will sound much, MUCH worse before it gets better. BE PATIENT! The final results could take 3-6 months until all of the swelling from the surgery resolves.

Use extra-strength Tylenol (or generic) AND ibuprofen AT THE SAME TIME for post-operative discomfort. Follow the instructions on the bottles for the dose and frequency.

Every patient goes home on steroids. The steroids are MANDATORY and could be **life-threatening** if not taken. If you are spending the night in the hospital, the steroids are given IV during your stay, and you will begin the oral steroids the evening of the day AFTER your surgery. If you go home the same day you will begin the steroids the evening OF your surgery day. In either case, take the entire day's steroids all at once. That will be six tiny pills on the first dose/ first day, 5 tiny pills for the second dose/ second day, and so on until gone. Call the office immediately for any breathing difficulty.

If you are discharged on the day of surgery, you will be given a single anti-nausea dissolvable wafer to be used that night if you are having nausea. If not, you do not need to take it. In any case, the nausea goes away within 24-36 hours after general anesthesia. The cough suppressant is as necessary.

Work and activity: Do not lift anything heavier than a gallon of milk until the neck stitch is removed. AVOID all contact sports (where there is even a REMOTE chance of contact or trauma to the neck) and heavy weight-lifting (either in the gym or at work) for the first 3 months. High-rep/ low weight exercise, stretching and gentle aerobic exercise is permitted after the stitch is removed. NO ELECTIVE surgery under general anesthesia should occur for a minimum of 6 months unless you are seen in the clinic and personally cleared at 3-6 months post-op.

After the surgery the 2-inch neck incision is held by a blue stitch and “steri-strips” (little bandages), which should be left alone and kept dry. KEEP ICE over the incision as much as possible until the stitch is removed in 8 days, then apply heat compresses 2-3 times a day for 20 minutes each until day 30. The stitch and steri-strips need to be removed exactly 8 days after the surgery, by myself or by your local medical professional. You may bathe from the chest down and wash your hair in the

sink, but may not shower or get the incision wet until the stitch is removed. Once the stitch is removed you may shower as usual, just pat the incision dry (do not scrub) and keep the incision covered when outside and exposed to full sunlight for 3 months by using a scarf and/or a high SPF sunscreen. You may begin using a silicone scar gel or equivalent if you like after one month.

You should be given TWO reusable ice packs in the recovery room to take home with you. Do not leave the hospital without the ice packs.

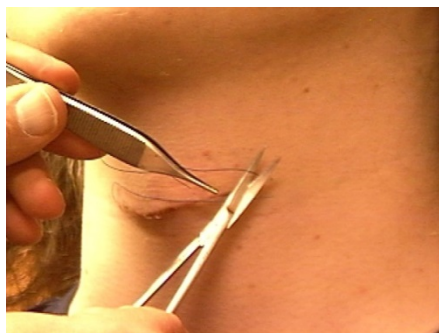
Antibiotics are given after the surgery. Start your antibiotic prescription on the evening of the surgery if you go home the same day; or the evening of the day after the surgery if you are spending the night in the hospital. Call the office immediately if you develop increasing redness, swelling, pain or drainage from the incision, or a fever greater than 101 degrees. The swelling over the voicebox and incision generally takes 6-12 months to fully mature. Be patient!

**NO PATIENT IS ALLOWED TO BE DISCHARGED FROM THE HOSPITAL WITHOUT ALL MEDICATIONS IN HAND.**

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### **To whom it may concern,**

Patient is 8 days status post open cervical laryngoplasty, performed in Rochester, NY, presenting on my orders for cervical suture removal. Instructions are provided below. Please call the office during regular business hours at (585) 442-1110, or page afterhours at (888) 549-2261 and ask to speak with Dr. Haben should there be any questions or concerns.



After removal of the steri-strips, there will be a single long blue prolene running subcuticular suture that needs to be removed. The blue prolene will extend from both sides of the incision. Cut one end flush with skin.



Grab the other end and using your free hand for counter-traction against the incision, pull out the suture slowly so as not to break it. It will come out as a single 3-4 inch length suture. The incision requires no dressing.