What to expect and do after Microlaryngoscopy

Pain Management

- **Expected Symptoms:** A sore throat, hoarse or weak voice, mild pain with swallowing, cough, tongue numbness, altered taste, and jaw or neck discomfort may occur after surgery. These symptoms are usually related to the breathing tube and instruments used during the procedure and should improve over several days.
- **Medications:** Take pain medication as prescribed or recommended. Drinking fluids and eating soft foods may help reduce throat discomfort.
- **Bleeding:** A small amount of blood-tinged saliva or sputum may occur and should settle quickly. Contact the office if bleeding is persistent, bright red, or increasing.

Voice Care

- **Voice Rest:** Rest your voice as instructed after surgery. Do not whisper, as whispering may strain the vocal folds. Ideally not speaking for 2 days. Gentle voice use after that. When speaking is permitted, use a gentle, normal speaking voice and avoid yelling, prolonged talking, throat clearing, and forceful coughing.
- **Hydration:** Drink plenty of water. Avoid smoking, vaping, and exposure to secondhand smoke, as these can irritate the larynx and affect healing.

Diet and Hydration

- Begin with clear liquids and soft foods as tolerated. Advance to a normal diet when swallowing is comfortable.
- It is important to remain well hydrated during recovery.
- Avoid very hot, spicy, or acidic foods and drinks if they worsen throat discomfort.

Activity

- Rest on the day of surgery. You may return to usual light activity as tolerated the following day.
- Do not drive, operate machinery, drink alcohol, or make important decisions for 24 hours after general anaesthesia.

Post-Operative Appointment

- A follow-up visit will be scheduled after surgery.
- During this visit, your surgeon will examine the larynx, assess voice and airway recovery, and monitor for recurrence of papillomas.

When to Call the Doctor

- Difficulty breathing, noisy breathing, or shortness of breath
- Severe or worsening throat or neck pain
- Inability to drink fluids or signs of dehydration, including very dark urine, minimal urination, or unusual sleepiness
- Persistent or increasing bright-red bleeding
- Fever over 38.5°C that does not improve with pain medication or recurrent fever
- Worsening hoarseness, trouble swallowing, or coughing up blood

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially during operations or after hours.

Voice Rest Instructions

FIRST, 1-2 weeks of voice rest! Use a board and marker (pen and paper) to communicate!

After the voice rest, you may start talking a little each day. Follow the grid below for how much time you can spend talking each day (double the time each day in essence):

	AM	PM
1st Day	5 minutes	5 minutes
2nd Day	10 minutes	10 minutes
3rd Day	20 minutes	20 minutes
4th Day	40 minutes	40 minutes
5th Day	1 hour, 20 minutes	1 hour, 20 minutes
6th Day	2 hours, 40 minutes	2 hours, 40 minutes
7th Day	5 hours, 20 minutes	5 hours, 20 minutes

Guidelines:

- Avoid extremes (loudness, singing, low/high pitches, speaking too softly)
- Increase water consumption (half your body weight in oz)
- No caffeine or alcohol
- No coughing
- No whispering
- No throat clearing
- No weight lifting

If you have any pain, fatigue, or hoarseness in use, then STOP!!!