

# Adult Laryngoscopy and Airway Surgery Post-Operative Care

Camino ENT Clinic

## Review of Surgery and General Care:

Today you had surgery on your airway in and around your voicebox, or larynx, and the opening of your esophagus. This is a short outpatient surgery that lasted between 45 and 90 minutes. It is performed under a general anesthetic, while you are completely asleep. During this procedure, a metal scope and camera were inserted through your mouth to look at different parts of your throat, airway, swallowing areas, larynx and/or esophagus. The scope pinches the tongue and presses on the teeth during the surgery. Please let us know before surgery if you have any caps, crowns, bridges or other dental work. It is common to have numbness and tingling in the tongue for 10-14 days after surgery. It is common to have a temporary numbness of the tongue or sensitive teeth for a week or more.

This is a diagnostic exam. Depending on your condition, you may also have a more involved procedure to remove something like a cyst, infection, nodule or pre-cancerous lesion or a small cancer. During these surgeries, some parts of the airway can also be stretched to open a narrowing (dilation) or injected to correct a weakness (augmentation).

## Surgery Done Today

- Diagnostic Exam of Airway
- Laser removal of a lesion
- Vocal Cord Augmentation
- Airway Dilation

## YES / NO General Post-Operative Care for Diagnostic Exams:

- Do NOT lift anything heavier than 15 pounds, NO aerobic activity, NO contact sports and NO sexual activity for 10 days.
- Drink lots of fluid (Gatorade™ and Pedialyte™ are good options for dehydration), take two to three good walks every day and get lots of sleep. Dehydration is very common after airway surgery and staying hydrated will help your recovery. If you have a heart problem or CHF, please talk to your heart doctor or medical physician to discuss safe amounts of fluid per day.
- In general, you may begin eating right after surgery. Let your stomach be your guide. Spicy and acidic foods will hurt, and if something hurts, don't do it. Nausea is very common for the first two to three days, so a soft and bland diet will be easiest until your stomach settles.
- Do not fly for 10 days after surgery.

## YES / NO Laser Surgery Post-Operative Care:

- You should rest your voice for \_\_\_\_\_ days, which means no voice use unless it is an emergency
- After surgery, a thick scab generally forms over the site of surgery. This will stop your vocal cords from vibrating and make your voice very hoarse until the scab falls off. If you smoke after surgery, this can take four to six weeks. In most people, the process takes about two weeks.
- Steaming your throat for 10-15 minutes twice a day after surgery will help speed up the healing process. The best and safest way to do this is using a facial steamer such as the Vicks 1200™. These are available at many drugstores, department stores and Amazon. Boiling water is NOT safe and I do not recommend this. Use plain water only!

### **YES / NO Vocal Augmentation Surgery:**

- Today your vocal cords were injected to correct a weakness or spasm.
- Your LEFT / RIGHT / BOTH vocal cord(s) were injected with \_\_\_\_\_.
- In order for the injection implant to work, you need to talk as much as possible after the surgery. If you live alone, singing along to the radio, reading the newspaper or books out loud and reading the captions on TV programs are all useful ways to practice with your voice.
- Your voice will be better right after surgery but then WILL GET WORSE for three to five days after surgery as the vocal cord swells and then returns to normal. Do not get scared; please keep talking and allow the vocal cord to adjust to the new shape. Pain with talking is common. Use your pain medication as prescribed. If you are talking and the pain medication is not helping, then it is ok to rest your voice until you feel able to practice again.

Your follow up is with Dr. Hussein Samji in: \_\_\_\_\_ days at Camino ENT, 6060 Hellyer Ave., Suite 150, San Jose, CA 95138. ***Please call (408)-227-6300 to make and confirm your appointment.***

### **Home Medications:**

- DO NOT take and Aspirin or Aspirin-containing medications for 10 days after surgery.
- DO NOT take any medications with ibuprofen such as Motrin™, Advil™, Toradol™, Naproxen™ or Alleve™ for 10 days after surgery.
- If you take a blood thinner such as Plavix™, Pradaxa™, Coumadin™ or Warfarin™, you may resume this medication in \_\_\_\_\_ days.
- If you have been prescribed any antibiotics or steroids, start these the day AFTER surgery; you received today's doses while you were asleep in surgery.

DATE: \_\_\_\_\_

Hussein Samji, MD, MPH

Camino ENT, dr.samji@caminoent.com