

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

POST OPERATIVE INSTRUCTIONS FOR DIRECT LARYNGOSCOPY/ VOCAL CORD SURGERY

1. **Diet:** During the first 24 hours, take clear cold liquids. You may have a regular diet thereafter or as tolerated.
2. **Restricted Activities:** for the first four to six hours after surgery, limit activity to bathroom privileges. After that you may generally resume near normal activity. You must not smoke. Smoking will significantly increase pain and slow healing.
3. **Voice Rest:** We recommend voice rest for 2-4 days and vocal discretion after that for a certain period of time. This means that you should not talk at all for the first 2-4 days after the surgery. After this, you should not yell, scream or sing, you also avoid talking loudly or speaking for extended periods of time. The surgeon can advise you when you may begin to use your voice more forcefully.
4. **Post-Operative Pain:** You may have a mild sore throat for 2-3 days after surgery. After the surgery, you can use throat lozenges or sprays to help numb the throat and make eating more comfortable. Tylenol can also be used to relieve discomfort. Do not use aspirin after the surgery until approved by your doctor.
5. **Bleeding:** During the first few days following surgery, you may cough up some dark blood or blood clots. If bright red blood is present, please notify your doctor immediately.
6. **Fever:** It is common for you to run a fever below 100 degrees. If you experience a fever above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call the office.
7. **Sleeping:** You should sleep in whatever position is most comfortable and it is highly recommended that a humidifier be used to keep the throat moist.

To reach the doctor:

450 SUTTER STREET, SUITE 933, SAN FRANCISCO, CA 94108
PH 415.362.5443 **FAX 415.362.2429**

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1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "7".

If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room
505 Parnassus Ave.
(415) 353.1037

CPMC Emergency Room
Pacific Campus
2333 Buchanan St.
(415) 600.6000

San Francisco General Hospital
1001 Potrero Ave.
(415) 206.8111