



# Direct Laryngoscopy/Vocal Cord Surgery Post-Op Instruction

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**Diet:** During the first 24 hours, drink clear cold liquids and eat soft, bland foods. You may have a regular diet thereafter or as tolerated.

**Restricted Activities:** Restrict your activities four to six hours following surgery. You may resume near normal activity after that but NO smoking. Smoking will significantly increase pain and slow healing.

**Voice Rest:** We recommend voice rest for two to four days and vocal discretion for a few days after that. This means that you should speak minimally for the first two to four days following surgery. After this, you should not yell, scream or sing. Avoid talking loudly or speaking for extended periods of time. After one week, you may use your voice normally.

**Post-Operative Pain:** You may have a mild sore throat for two to three 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 for one week after surgery.

**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.

**Fever:** It is common for you to run a fever below 101°F. If you experience a fever above 101°F for more than a day or a fever of over 103 degrees for any period of time, call the office.

**Sleeping:** You should sleep in whatever position is most comfortable and it is highly recommended that a humidifier be used to keep your throat moist.