



**VALLEY ENT**  
EAR, NOSE, THROAT & ALLERGY

## Voice Surgery Post-Operative Instructions

This post-operative instruction sheet is designed to help you care for your nose/sinuses after surgery and answer some of the most common questions asked following this procedure. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office: (559) 409-4720. If you have a medical emergency call 911.

### What To Expect:

- It is common to have a sore throat for 3-5 days after surgery.
- Avoid taking Aspirin, Ibuprofen, Advil, or other products containing these medications.
- You can take Tylenol for pain relief as an alternative to narcotic pain medications.
- It is very important that you stay well hydrated and drink plenty of fluids during the recovery period.
- Avoid alcohol, tobacco products, spicy foods, or eating late at night as these may cause heartburn or stomach reflux and may delay the healing process.
- Avoid coughing or frequent throat clearing. Drinking water can help alleviate the urge to clear the throat.

### Follow Dr. Roos's Voice Rest Instructions:

- No voice rest is needed. Use your voice normally \*\*\*
- You are to have absolute voice rest for 3 days \*\*\*
- After voice rest, you may begin to use your voice at a soft-spoken level. You should only speak loud enough for people to hear you that are within an arm's length away. Do not yell or whisper. You may increase your voice use by 5 minutes per hour each day following the days of rest.
- It is common to feel mild to moderate fatigue for 7-10 days after surgery.

### Call Our Office If You Experience Any Of The Following:

- Fever higher than 101 F
- Complete loss of voice
- Difficulty breathing or swallowing
- Bleeding from the mouth

**Safety Information For Giving Medications:**

- Use medications only as directed in the amounts specified
- Avoid aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc), fish oil, vitamin E for 1 week after surgery.
- As your pain lessens, you may **replace** doses of prescription pain medications with acetaminophen (Tylenol)
- **Do NOT** drive or operate machinery if taking prescription pain medications
- Call California Poison Control if you take too much medicine. 1-800-222-1222.

**Activity:**

- Plan to rest the day after surgery.
- Light activity only until 7 days after surgery, gradually increase activity.
- No bending over or heavy lifting (over 20 pounds) for 7 days after surgery.
- Avoid any activities that would elevate your heart rate for 7 days after surgery.

**Nutrition:**

- Drink plenty of water / fluids
- Eat light snacks as tolerated
- It is common for people to have less of an appetite the day of surgery
- Advance your diet as tolerated the day after surgery

**Follow-up Appointment:**

- You should have a follow up appointment 1 week after surgery. If you haven't made an appointment yet, please call the office to schedule your follow-up appointment.

**Important Phone Numbers:**

- Valley ENT Office: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000