



Jeremy P. Watkins, M.D.

John B. McIntyre, M.D.

Sean M. Callahan, M.D.

5751 Edwards Ranch Rd Fort Worth Tx, 76109 Phone: 817-332-8848 Fax: 817-335-2670

www.fortworthent.net

LARYNGOSCOPY/VOCAL CORD SURGERY

POST-OP INSTRUCTIONS

Here are some things to remember when you get home after laryngoscopy/vocal cord surgery

SORE THROAT AND VOICE CHANGES ARE COMMON

1. Cool, room temperature or luke warm liquids are usually easier to tolerate than very hot or very cold.
2. As your throat is sore right now, try broth, soup, semi-liquid Jell-O, mashed potatoes, oatmeal, popsicles, yogurt or any other smooth consistency foods. Let discomfort be your guide. Over the next few days, slowly advance the diet back to what it was prior to surgery.
3. Your doctor may order voice rest for several hours or for a few days. Please follow his directions for optimal healing.
4. Take pain medication, if prescribed, as needed. You may use Tylenol or Ibuprofen as needed. Refer to product label for dosage information.

If you have any questions or concerns between now and your post-op appointment, please call the office at (817)332-8848. The phones are answered 24 hours a day, 7 days a week.