



Instruction Sheet
VOCAL CORD SURGERY

Baptist Downtown • Southside • Baptist South

POST-OPERATIVE INSTRUCTIONS

1. You should rest your voice for 1-2 weeks after surgery (or as directed by your surgeon). Do not whisper or yell. When you do talk, do so in a low, soft voice. Shouting and singing should be avoided.
2. Unless otherwise instructed, it is important to continue your usual medications. This includes any anti-reflux medicines your doctor has prescribed.
3. After surgery you may have a sore throat. If you experience any shortness of breath, or difficulty swallowing, please call the office immediately or go to the nearest Emergency Room (preferably to the hospital location of your surgery).
4. Please follow any other specific instructions given to you and keep your follow-up appointment as arranged by the office.

POSSIBLE RISKS AND COMPLICATIONS OF VOCAL CORD SURGERY:

Complications specifically related to vocal cord surgery are rare but possible. With vocal surgery, there is always a chance that your voice may not improve. Moreover, there is a low risk of worsened hoarseness after surgery. This loss of voice quality can be permanent and can be accompanied by fatigue with prolonged speaking. Additional risks include injury to the lips, teeth and mouth.

As with any surgical procedure, there is also a risk of bleeding, infection, scarring, poor healing, and the need for further surgery. Other unforeseen complications, such as a problem related to your other medical conditions, can also arise.

If you have any questions, please consult your surgeon.