



Patient & Family Guide

2023

After Throat Surgery

Valley Regional Hospital

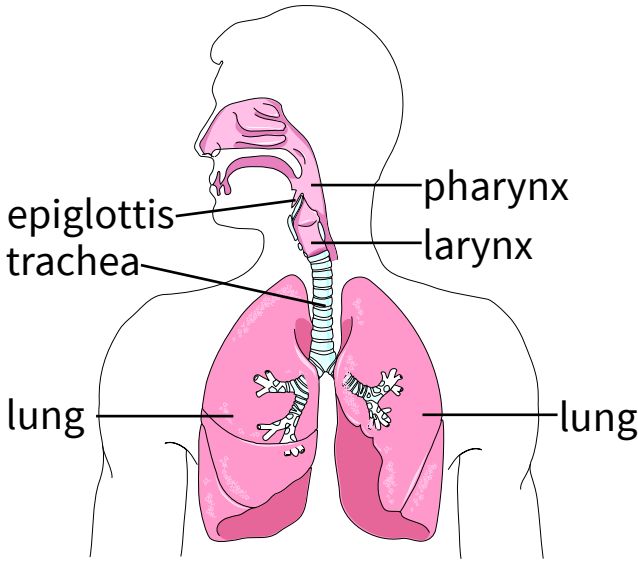


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After Throat Surgery

This pamphlet will help you with your care at home.

Your surgery is called: _____



Pain

- You may have mild throat pain. This is common.
- Take pain medication as prescribed by your surgeon.
- **Do not drink alcohol while taking pain pills.**

Activity

- **Do not** do any vigorous (hard) activity for 14 days (2 weeks) after surgery.
- Rest your voice (**do not** talk or sing) for 2 to 14 days, or as told by your surgeon.

Eating and drinking

- Chew foods well before you swallow.
Take your time.
- Drink lots of fluids to help keep your throat moist (wet).

Mouth and throat care

- If you had a **laryngeal biopsy**, you may cough up small amounts of blood for a few days up to 1 week after your surgery. This is common.
- **Do not** gargle unless your surgeon tells you to. You may rinse your mouth.
- Mild throat pain is common.

If you had a direct laryngoscopy:

- Rest your voice for **48 hours (2 days)**.
- Drink lots of fluids for 7 days (1 week) to help keep your throat moist.

What are your questions?

Please ask. We are here to help you.

Follow-up appointment

Date: _____

Time: _____

Place: _____

If you have problems or questions, call:

Surgeon: _____

Phone: _____

If it is an emergency (bad bleeding or a sudden shortness of breath), go to the nearest Emergency Department right away and call your surgeon.

Special instructions:

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The information in this pamphlet is to be updated every 3 years or as needed.