

Vocal Cord Biopsy

Post-Operative Instructions

PAIN:

- Throat discomfort may persist for several days. Tylenol or Motrin/Advil/Ibuprofen should relieve the pain.

WOUND CARE:

- If any of the following occur, call our office at the number below:
 - Spitting up bright red blood (*a small amount of blood-tinged sputum is ok*)
 - Fever higher than 101.5 F
 - Inability to eat or drink

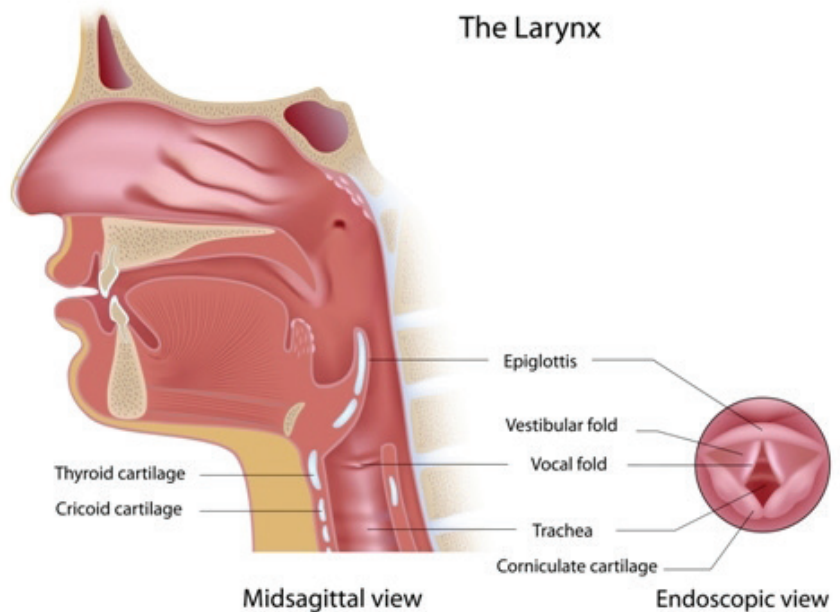
ACTIVITY:

- Absolute VOICE REST for 2 days after surgery and no voice excessive voice use (*shouting or whispering*) for 2 weeks after surgery when vocal cord polyps or lesions are removed.
- No smoking or alcohol.
- Maintain high humidity at home with a vaporizer or sauna.

Follow up appointment should be about 1 week after surgery.

CALL 911
or have someone drive you to the Emergency Room if you have:

- Difficulty breathing
- Shortness of breath
- Abnormal wheezing
- High-pitched crowing-like sound when breathing
- Bluish discoloration of the lips.



**Saint Alphonus
Medical Group**

EAR, NOSE & THROAT

If you have any questions or concerns, call your physicians office:
Boise or Nampa (208) 302-1000 | Ontario (541) 881-2350