

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 208-229-2368:
 - 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.

