# **VOCAL CORD BIOPSY**

# **Post-Operative Instructions**



#### PAIN:

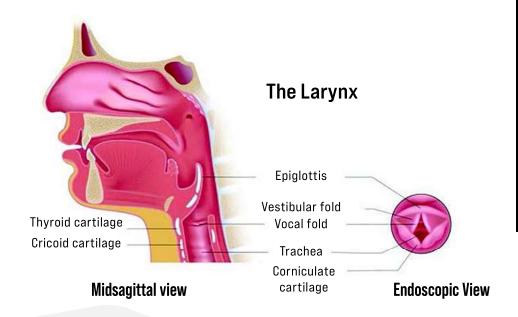
 Throat discomfort may persist for several days. Tylenol or Motrin/Advil/ Ibuprofen should relieve the pain.

## **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 crowinglike sound when breathing
- Bluish discoloration of the lips.