



## Postoperative Thyroplasty Instructions

- The incision on your neck requires no care at this time.
- You can clean the skin lightly with mild soap and apply moisturizing cream or lotion 10 to 14 days post-op. If on the third or fourth week your scar is red or slightly thick, you may apply Mederma or scar revision two times a day.
- If there is swelling in the vocal cords it will be within 24 to 48 hours after surgery. The voice will become hoarse over the first five days. This is normal. It will take two weeks for the swelling to go down. The more you rest your voice the faster the swelling will go down and the sooner your voice will return to normal.
- Do not expose your incision to sunlight or allow it to get sunburned within the first year following surgery. You should always wear sunblock with SPF of at least 30 over the incision if you are going to be outside.
- No lifting objects greater than 10 pounds, including children, pets or other objects for four weeks following surgery.
- No strenuous activity, including exercise for four weeks following surgery.
- Only slow paced walking. No running, jogging, bicycling or aerobic activity to maintain fitness.
- No straining in the bathroom. If you have problems with constipation, you may try over-the-counter Dulcolax or Colace.
- No vomiting or retching.
- No coughing. If you feel a tickle or a need to cough, you may take over-the-counter cough medicine to help alleviate your coughing.