



## Vocal Cord Surgery Postoperative Instructions

Proper after care for vocal cord surgery should be performed to assure complete recovery.

As you know, this surgery involves incisions into the vocal cords that allow the surgeon to get rid of the nodules. Optimal healing can be achieved at home after your vocal cord removal operation. Here are the basic things you have to do to take care of yourself.

- **Rest your voice**

This means that you should take a vow of silence. Even whispering is not allowed at this stage.

If you do speak after your surgery, your vocal cords will come in contact with one another and this will cause trauma to your healing vocal cords. Make sure that your lips are closed all the time except when eating or drinking. This will prevent unwanted bacteria from entering the oral cavity. Resting the voice should be done for one to two weeks.

- **Refrain from clearing your throat or coughing**

This also makes the vocal cords interact with one another. Cough suppressants could help prevent or suppress your coughing.

- **Take prescribed reflux medications**

This type of medication should be taken before and after surgery. Reflux medications can prevent the possibility of acid damage to the surgery site. You should take these even if you're not diagnosed with acid reflux.

- **Do not eat spicy or sweet foods**

These types of foods will irritate the throat and may encourage bacterial infection.