

**FAMILY EAR, NOSE AND THROAT, LLC**  
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**What to Expect after Surgery on Your Vocal Cords**

1. It is not uncommon to have a sore throat for approximately 5-7 days. For pain, take Tylenol. **Avoid aspirin and medications containing ibuprofen.**
2. **Avoid whispering, shouting, and singing!!** Rest your voice as much as possible for one week after surgery. Only speak for 10 min per hour while awake.
3. Eat a soft diet. This will decrease discomfort.
4. Do NOT smoke if at all possible!!! Smoking will delay your healing.
5. If you experience difficulty breathing, call the **office at (207) 351-3525.**
6. It is not uncommon to have a very hoarse voice for several weeks after surgery. The voice will then gradually improve.
7. Avoid alcohol if at all possible.
8. It is common to experience a low grade fever (less than or = to 101F) for the first 2-3 days. If you experience a fever above 101F, please call.
9. Humidity helps the vocal cords heal. If possible, sleep in a room with a vaporizer or humidifier running.
10. A follow-up visit has been scheduled and is listed on your scheduling letter. If it hasn't been, please call the office to make one.
11. If an emergency occurs, call **(207) 351-3525** or go right to the nearest Emergency Room and they will call our office. **There is always a doctor on-call after hours.**