

Patient Information

Post-operative Care and Recovery following Microlaryngoscopy and Debridement of Laryngeal Papilloma

About the Procedure

You have had a procedure called **microlaryngoscopy and debridement of laryngeal papilloma**. This involves examining your voice box (larynx) under a microscope while you are under general anaesthetic, and carefully removing growths known as **laryngeal papillomas**.

These growths are caused by a virus called **human papillomavirus (HPV)** and can affect the quality of your voice or, in some cases, breathing. The aim of the procedure is to improve your voice and airway by removing these growths, while preserving healthy vocal fold tissue.

What to Expect After Surgery

It is normal to experience the following symptoms in the days after your procedure:

- A **hoarse or weak voice**
- A **sore throat**
- A feeling of **mild swelling or irritation** when swallowing
- Temporary **difficulty projecting your voice**
- Some **mucus** or minor throat discomfort

These symptoms usually improve within a few days.

Voice Rest and Care

1. Voice Rest

- **Absolute voice rest** (no speaking, whispering, or throat clearing) is typically recommended for **48 hours** after surgery.
- After this, **gentle voice use** can resume—short phrases only, spoken softly and clearly.
- Avoid **whispering**, as it can strain healing vocal folds more than gentle speech.

2. Gradual Return to Voice Use

- Increase voice use gradually over **7–10 days** following surgery.
 - Avoid prolonged talking, shouting, or singing until cleared by your specialist.
 - **Speech and language therapy** may be recommended to support safe voice use and recovery.
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Pain and Discomfort

- You may take **paracetamol** for throat discomfort if needed.
 - Avoid medications such as **ibuprofen or aspirin** unless advised, as they can increase the risk of bleeding.
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Diet and Hydration

- **Soft, cool foods** may be more comfortable for the first few days.
 - Drink **plenty of water** to keep the throat and vocal folds well hydrated.
 - Avoid **spicy, acidic, or very hot foods and drinks** until the throat feels back to normal.
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Activities and Lifestyle

- **Avoid smoking** and exposure to secondhand smoke.
 - Minimise talking in noisy environments or over background noise.
 - **Steam inhalation** or a **humidifier** can help soothe your throat and reduce dryness.
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Recovery Timeline

Days After Surgery	Advice
Days 1–2	Complete voice rest, light activity only, soft diet
Days 3–7	Begin gentle voice use, avoid heavy voice demands
Week 2 onwards	Gradually increase voice use, return to work as advised

Follow-Up Care

- You will have a **follow-up appointment** with your ENT specialist to assess healing and discuss your voice recovery.

- You may be referred to a **speech and language therapist** to help support long-term vocal health and reduce the need for future procedures.
- Repeat procedures may be needed if papillomas recur, which is common with this condition.

When to Seek Medical Advice

Contact your ENT team or GP if you experience:

- Difficulty breathing or swallowing
- Increasing pain not relieved by medication
- Bleeding or coughing up blood
- High fever or signs of infection
- Hoarseness or voice issues that do not improve after 2–3 weeks

Summary of Aftercare

Do:	Don't:
Follow voice rest instructions	Whisper, shout, or sing too soon
Stay well hydrated	Smoke or be around irritants
Eat soft foods and avoid throat irritants	Ignore pain, breathing problems, or bleeding
Attend your follow-up appointments	Return to full voice use without medical advice

Questions or Concerns?

If you have any questions about your recovery, voice care, or need support with your voice, please contact your ENT clinic or speech and language therapy team.

Taking care of your voice now will help ensure the best possible recovery and reduce the risk of recurrence.

Let your voice heal and give it time to recover fully.
