



## The Colorado Ear, Nose & Throat Group

### After Throat Surgery Instructions

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Our team wants to ensure you have the best possible experience after surgery. Please read the instructions below to help prepare for your surgery.

- **Unfortunately, throat surgery can be painful.** The throat could hurt for a full week. If your surgery was extensive, your surgeon may prescribe you pain medications. Typically, however, patients can control their pain with over the counter Tylenol. Some patients may experience ear pain or tongue pain. This is normal. Some patients will have pain with eating. You can eat a regular diet, but start with soft foods and then work your way up as tolerated. You may have small cuts on your lips, or gums after a direct laryngoscopy procedure. This is normal and they will heal within a week typically.
- **If you had surgery on your vocal cords:** Your surgeon will generally ask that you undergo voice rest for 5 days. This means minimizing speaking, and absolutely no yelling or whispering. Since speaking vibrates the vocal cords, avoiding speaking allows the vocal cords to heal. You can try texting or writing during this time but please avoid speaking to give yourself the best outcome.
- **Please drink plenty of fluids for the first week after surgery.** This will help with your recovery. If your urine turns dark yellow/orange or the amount of urine you are producing decreases, you may be getting dehydrated. If so, please drink more fluid. Please monitor the urine output in order to avoid dehydration.
- If your surgeon took a biopsy, they will call you with the results or discuss them at your follow up. If you do not have a follow up, please call our office and schedule one for one week after your surgery.
- You may cough up a little bit of blood. This is normal. If you begin coughing up lots of blood, please call our office or call 9-1-1.
- You may experience a fever (99-102) for a few days after surgery. We recommend you take Tylenol over the counter as needed for this. Additionally, drinking fluids will help.

- *Call your doctor if:* You experience bleeding from the mouth that does not stop. If there is a lot of bleeding, call 9-1-1.
- Smoking and drinking should be avoided after surgery for at least one week.

**If you need to reach the doctor:** call our office during regular business hours. If it is after business hours, **please call our office and the message will tell you how to reach the ENT on call.**

**Our number is 303-238-1366**