

These guidelines are not relevant to every patient and for every surgery.

Pre- Op Guidelines:

1. You will be asked to arrive 2 hours prior to your surgery to check in on the “S” floor of MEEI. The S floor is between the 5th and 6th floors.
2. Do not eat or drink anything after midnight the night prior to your surgery.
3. Do not take any Aspirin, Advil, or any form of Ibuprofen or Non-Steroidal Anti-Inflammatory drugs 5-7 days prior to surgery (Tylenol may be taken).
4. Taking your prescribed medication should be discussed with that prescribing physician and will be reviewed by the surgeon and anesthesiologist.
5. Any necessary medication that cannot be skipped should be taken the morning of the surgery with a small sip of water.
6. Refrain from alcohol and tobacco the week before and after surgery.
7. Do not wear jewelry or bring valuables to surgery.
8. You must make arrangements for someone to pick you up after surgery.
9. Family members and friends may wait on the 7th floor in the family waiting room near the cafeteria.

Post-Op Guidelines:

1. Most vocal fold procedures require 1 to 2 weeks of complete voice rest followed by several weeks of reduced vocal demands. A specific plan will be discussed prior to surgery. Not all laryngeal operations require voice rest.
2. There will be pain or discomfort in the mouth, tongue, jaws, and throat for a few days following the procedure.
3. There may be light bleeding from the throat and mouth.
4. There may be some numbness or tingling in the tongue.
5. After the surgery, you may also develop a cough or a sense of mucus in the throat. This is normal.
6. There are no food restrictions. You can eat and drink as tolerated, but start with something soft first.
7. Your post-op appointment with the doctor is usually booked for 1 to 3 weeks after surgery along with a voice therapy visit.