



Throat and Voice Box Procedure after Care Instructions

1. Avoid aspirin and ibuprofen products 10 days before and after procedure.
2. You may experience a mild sore throat for the first 1-2 days after your procedure. You may have hoarseness or raspiness in your voice.
3. Maintaining proper hydration will help your vocal cords to heal after your procedure.
4. You may start with a soft diet the first few days, but are encouraged to return to your normal diet as soon as possible. We do suggest that you avoid acidic and sharp edge foods the first seven days.
5. Please contact our office if you experience any difficulty swallow increasing sore throat or persistent temperature over 101, or cough productive of blood.
6. If you are undergoing a procedure on your vocal chords 14 days of voice rest are recommended. Voice rest and cessation of smoking are imperative to your health process.
7. Please contact our office if you have any questions.