

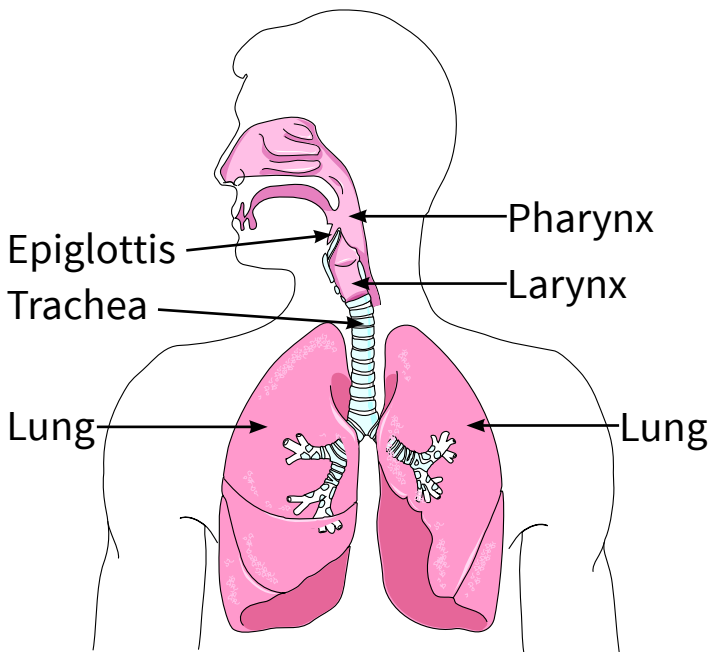
Throat Surgery

Valley Regional Hospital

My surgery is called:

Throat Surgery

This pamphlet explains what to expect before and after throat surgery, and how to care for yourself at home. If you have questions or need help during your hospital stay, please ask your health care team. We are here to help you.



Getting ready for surgery

- You may need tests before your surgery. This will depend on your general health and the type of surgery you are having. Staff will contact you to arrange for testing before surgery, if needed.
- **Plan to have a responsible adult drive you home and stay with you the first 48 hours (2 days) after your surgery.** This is for your safety.
- If you take medication, talk with your surgeon before your surgery. They will tell you which medications to take before your surgery with a sip of water, and which ones to stop taking.
- **If you take blood-thinning medication** (blood thinners), including low dose (baby) Aspirin®, we will tell you when to stop taking it before your surgery.
 - › **Do not stop taking this medication before checking with your health care provider that it is safe to do so.**
- Stock up on fluids like water, juice, Gatorade® or Powerade®, milkshakes, and soups.
- Have acetaminophen (Tylenol®) on hand.

Medications

For 14 days (2 weeks) before your surgery:



- **Do not** take any natural or herbal medications or products. These may cause more bleeding.

For 10 days before your surgery:

- **Do not** take ASA (acetylsalicylic acid, Aspirin®).

For 7 days (1 week) before your surgery:

- **Do not** take ibuprofen (Advil®, Motrin®).
- It is OK to take acetaminophen (Tylenol®).

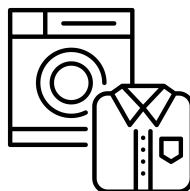
The night before your surgery

- **Do not eat or drink anything after midnight.**



It is important to “sleep clean” before your surgery to lower your chance of infection. Please follow these “sleep clean” steps:

- Change your bed sheets.
- Take a bath or shower:
 - › Wash all parts of your body using soap and water.
 - › Shampoo your hair.



- **Do not** use any scented products (like creams, powders, or scents). Nova Scotia Health is scent-free.
- Wear clean pyjamas.
- **Do not** let your pets sleep with you.
- After your shower, we recommend using special cleaning wipes to help lower your chance of infection. You can pick them up at:
 - › **Valley Regional Hospital Day Surgery**
Hours: Monday to Friday, 7 a.m. to 8 p.m.
Weekends and holidays, 8 a.m. to 4 p.m.
Phone: 902 679-2657, extension 2840
- **Do not** smoke or vape.
- Follow any instructions given by your surgeon, anesthetist (doctor who puts you to sleep for your surgery), or nurse.



The morning of your surgery

- You may take your medications as told by your surgeon with sips of water.
- You may brush your teeth.
- Follow any instructions you were given at the Pre-Admissions Clinic (if you had an appointment there).
- Take off all make-up and jewelry before coming to the hospital.
- If you have long hair, pull it back with an elastic.
- We recommend that your face is clean shaven.
- Give yourself plenty of time to find parking.
- Nova Scotia Health is smoke-free and scent-free. Please respect this policy.
Do not use scented products (like perfume, aftershave, or scented hair spray).

- **Before your surgery, tell your surgeon if you are sick or have:**

- › Diarrhea (loose, watery poop)
- › Vomiting (throwing up)
- › Nausea (upset stomach)
- › Fever (temperature above 38 °C or 100.4 °F)
- › A cough
- › A cold

- **On the day of your surgery, bring these items with you:**

- ☐ Provincial health (MSI) card
- ☐ Private medical insurance card (if you have one)
- ☐ All of your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) in their original containers
- ☐ CPAP machine (if you use one)
- ☐ A container or bag for the ride home in case you vomit

My appointment

- **Your surgery may be cancelled if you are late.**
- **If you cannot keep your appointment, call the booking office as soon as possible:**
 - › Phone: 902-679-2657, extension 2401
- **Arrive 2 hours before your scheduled surgery time or at the time your surgeon's office told you.**
 - › If your surgery is scheduled for 8 a.m., please arrive by 6:15 a.m.
- **Go through the main entrance and register at Central Registration.**
- **Delays in the O.R. may cause a change in your surgery time. Your surgery may be cancelled if there is an emergency. If this happens, your surgeon's office will call you to arrange a new date.**

Right after surgery

- **You may have swallowed blood during and after your surgery. You may vomit old blood.**
- **If you have nausea, ask your nurse for medication.**

Pain

- You may have mild throat pain. This is common.
- Take pain medication as prescribed by your surgeon. As needed, you may also take:
 - › 325 to 975 mg of acetaminophen (Tylenol®) every 4 hours (**no more than 4 g in 24 hours**) and
 - › 200 to 400 mg of ibuprofen (Advil®) every 6 hours
- **Do not drink alcohol while taking pain pills.**



Activity

- **For 14 days (2 weeks) after your surgery:**
 - › **Do not** do any activities that raise your heart rate or blood pressure, or make you strain (like yard work or sports).
- Rest your voice (do not yell or strain your voice) for 2 to 14 days after your surgery, or as told by your surgeon.
 - › Talking gently may help with wound healing and lower the risk of vocal fold scarring.
- You can go back to school or work 2 to 7 days after your surgery. Talk about this with your surgeon.

Eating and drinking

- Chew foods well before you swallow. Take your time.
- Drink lots of fluids to help keep your throat wet for 14 days.

Mouth and throat care

- If you had a **laryngeal biopsy**, you may cough up small amounts of blood for a few days up to 1 week after your surgery. This is common.
- Mild throat pain is common.

Call 911 or go to the nearest Emergency Department right away if you have:

- › Bad bleeding
- › Sudden shortness of breath
- › Signs of life-threatening swelling (like not being able to breathe or sleep when lying down, not being able to drink, drooling)

Follow-up appointment

Date: _____

Time: _____

Place: _____

If you have problems or questions, call:

Surgeon: _____

Phone: _____

Questions for my health care team:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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