



Patient & Family Guide

2023

After Throat Surgery

Valley Regional Hospital

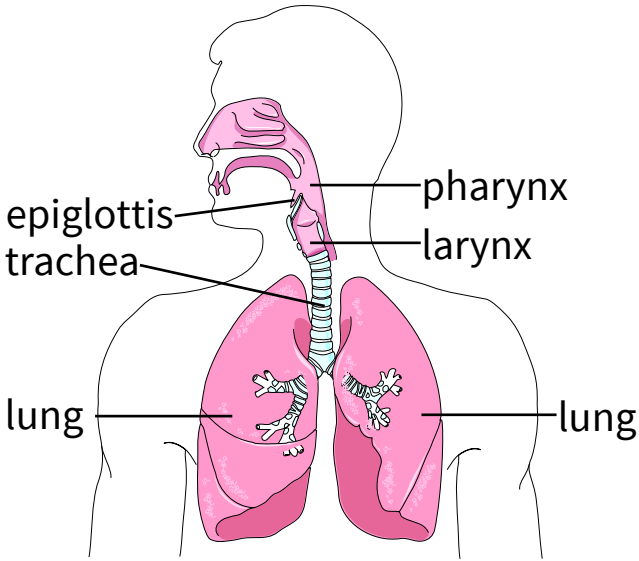


www.nshealth.ca

After Throat Surgery

This pamphlet will help you with your care at home.

Your surgery is called: _____



Pain

- You may have mild throat pain. This is common.
- Take pain medication as prescribed by your surgeon.
- **Do not drink alcohol while taking pain pills.**

Activity

- **Do not** do any vigorous (hard) activity for 14 days (2 weeks) after surgery.
- Rest your voice (**do not** talk or sing) for 2 to 14 days, or as told by your surgeon.

Eating and drinking

- Chew foods well before you swallow.
Take your time.
- Drink lots of fluids to help keep your throat moist (wet).

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.
- **Do not** gargle unless your surgeon tells you to. You may rinse your mouth.
- Mild throat pain is common.

If you had a direct laryngoscopy:

- Rest your voice for **48 hours (2 days)**.
- Drink lots of fluids for 7 days (1 week) to help keep your throat moist.

**What are your questions?
Please ask. We are here to help you.**

Follow-up appointment

Date: _____

Time: _____

Place: _____

If you have problems or questions, call:

Surgeon: _____

Phone: _____

If it is an emergency (bad bleeding or a sudden shortness of breath), go to the nearest Emergency Department right away and call your surgeon.

Special instructions:

Prepared by: Otolaryngology, Valley Regional Hospital

Illustration by: LifeART Super Anatomy 1 Images, Copyright © 1994, TechPool Studios Corp. USA

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

WV85-2341 © June 2023 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.