



PATIENT INFORMATION SHEET

MICROLARYNGOSCOPY POST OPERATIVE CARE

DR WILLIAM MOONEY MBBS FRACS
www.drwilliammooney.com.au

POST OPERATIVE CARE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007
Marrickville: 02 9569 7055
Bondi: 02 9387 6622
Darwin: 08 8981 7318

Further information can be obtained from:

drwilliammooney.com.au

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PRE-SURGERY

- **AVOID:** Smoking for 2 weeks pre-surgery. Avoid excessive alcohol, Vitamin E, Garlic tablets, Ginko Biloba, Ginseng & Horseradish all at least 1 week before surgery.
- **AVOID:** Aspirin, or aspirin based products such as: Ibuprofen/ Nurofen, Naprosen/Naproxen. If you are on anti-inflammatory (e.g. Naprosyn) or blood thinning medication please advise Dr Mooney BEFORE surgery.
- Take a "Berocca" tablet with Vitamin C daily for 1 week prior to surgery (avail from most chemists).

POST-SURGERY

- Please DO NOT SMOKE.

- You may experience some soreness to the throat or a sore tongue from the operation.
- Please drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.
- Please observe relative voice rest for at least 7 days. This gives the raw tissue in the larynx a chance to begin to heal. Occasionally if the surgery has been extensive you might be requested to observe absolute voice rest.
- Hoarseness may last up to 2 to 3 weeks. During this time, tissue swelling will gradually decrease and the lining of the vocal cords will regenerate.
- If you must speak, please do so in a normal tone of voice. This creates less trauma to the vocal cords than whispering or shouting.
- Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords,

- You may feel tired and run down for the first few weeks.
- Be aware of any abnormal bleeding, temperature or swallowing symptoms that seem unusual and contact Dr Mooney as soon as possible if you are concerned.
- Usually, antibiotics and pain medications are not needed for this procedure. If antibiotics or painkillers are prescribed, please take them as directed.
- It usually takes 24 to 48 hours for the laboratory to process the biopsy and give us a result, however, occasionally, it takes longer. We know that you are waiting impatiently for the results. We will do our best to obtain the pathology report as soon as possible and we will call you to inform you of the result.

TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows – your posture should be at a 45 degree angle.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only please.
- There are no dietary restrictions however spicy foods may cause discomfort to the throat for the first few days so you may wish to avoid them. Solid foods may also be difficult for a few days.
- Maintaining fluid input is most important; soups and pasta, ice-cream and cool drinks are excellent. Ensure you have plenty in the fridge when you return home.
- Hydration is very important—drink as much water as you can. Try to stay away from acidic drinks (fruit juice) as they will burn your throat.
- You may want to stick to soft foods for the first day or so if you are experiencing a sore throat or tongue from the procedure—soups and liquids are best.