

VOCAL FOLD SURGERY

You have been scheduled to undergo phonosurgery to remove or biopsy a lesion on your vocal fold.

There are several types of phonosurgery:

- Phonomicrosurgery
- Laryngoplastic phonosurgery
- Laryngeal injection



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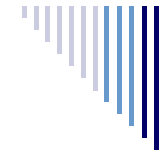


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POSTSURGICAL VOCAL REST RECOMMENDATIONS



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VOICE REST AFTER VOCAL FOLD SURGERY

WHAT TO EXPECT:

Phonomicrosurgery is performed through your mouth while you are under general anesthesia (asleep). The surgeon will use a microscope and delicate surgical instruments to perform the surgery. Extreme care is taken to minimize trauma to the surrounding tissue. The purpose of the surgery is to improve the vibratory characteristics of the laryngeal tissue. Following surgery, the tissue needs immediate and complete rest and likely post-surgical rehabilitation.

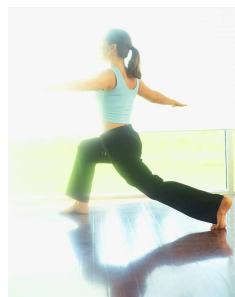
POST-SURGICAL RECOMMENDATIONS:

- **Complete voice rest** for 7-10 days (no talking, whispering, laughing, coughing, throat clearing, shouting, screaming)
- No heavy lifting, pushing or pulling for 7 days
- Avoid aerobic activity for 5-7 days
- 6-8 glasses of clear liquids per day
- Post-operative voice therapy (rehabilitation)

POST-OPERATIVE VOCAL REHABILITATION

Similar to physical therapy following knee surgery, voice therapy is designed to re-strengthen and re-balance the muscles used to produce optimal voice. Voice therapy typically involves 6-8 thirty minute sessions over the course of 3-4 months. Therapy may include:

- Identification of phonotraumatic behaviors which may have contributed to the original problem
- Vocal health and hygiene counseling
- Direct exercises to re-strengthen and re-balance the laryngeal mechanism
- Re-integration back into normal vocal activities



PLAN AHEAD FOR NON-VERBAL COMMUNICATION

- Change the message on your voice mail to let people know you will not be able to talk for seven days
- Get a dry-erase board or notebooks and pens in order to communicate via writing
- Find a means of emergency communication such as a whistle, fog horn, or other loud attention getting device
- Use e-mail or IM instead of the phone
- Schedule your follow-up appointment

ADDITIONAL RECOMMENDATIONS

- 1.
- 2.
- 3.
- 4.
- 5.