



Santa Barbara ENT

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OUTPATIENT SURGERY INSTRUCTIONS AFTER VOCAL CORD SURGERY

PAIN / DISCOMFORT

Most patients will experience pain in the throat with talking or swallowing for up to a week after surgery. You may use plain Tylenol or your prescribed pain medication. You should not take plain Tylenol within four hours of taking Tylenol with codeine, Vicodin, Percocet, Darvocet, or Lortab as these narcotic prescription drugs already contain Tylenol.

VOICE REST

Voice rest is recommended after vocal cord surgery for a week. Simple “yes” and “no” answers are okay, but it is best to refrain from conversations. Communicate with writing or texting. Do not clear your throat of mucous. If you feel phlegm in the throat, take sips of water.

ADDITIONAL INSTRUCTIONS

Keep your head elevated on at least 3-4 pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity.

FOLLOW-UP APPOINTMENT

Dr. Golgert would like to see you in approximately 1 week.

EMERGENCIES

If you have a fever above 100, persistent nausea/ vomiting, shortness of breath or noisy breathing, please contact Dr. Golgert through the office number (805)563-1999. If Dr. Golgert is unavailable, the doctor “on call” will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.

1/28/16