



## NASHVILLE EAR, NOSE & THROAT CLINIC

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### Post Operative Care: Microlaryngoscopy

1. You may have a sore throat following surgery. This is caused by the tube in your throat during surgery. For pain or discomfort you may use Extra Strength Tylenol or 3-S Solution as a gargle.

3-S Solution: Mix 8oz of warm water with  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon of baking soda, and  $\frac{1}{2}$  teaspoon of white Karo syrup.

Do not use over the counter medication such as Chloraseptic Spray because they contain medication which may slow healing.

2. Use pain medication as directed. NO ASPIRIN. Sometimes there is pain in the ear which is referred pain from the throat.
3. Diet for the 24 hours after surgery should be liquids, then you may have soft food. Avoid foods which are fried, spicy, or scratchy to your throat.
4. Drink at least 8 or more glasses of water a day.
5. Do not strain, bend, or lift until you are told it is ok by your physician.
6. Sometimes anesthesia can cause nausea and feeling of being weak and tired.

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Comprehensive ENT · Pediatric ENT · Otolaryngology · Neurotology · Snoring & Sleep Disorders  
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### VOICE REST

1. Rest your voice completely for 7-14 days after surgery, depending upon what your doctor tells you. Do not speak. No talking on the phone until your doctor tells you. No whispering or clearing your throat, this is very hard on your vocal cords.
2. When you are allowed to speak, drink a few sips of water first. This eases the strain on your vocal cords.
3. No Smoking! This delays healing.
4. For 3 weeks, no alcohol, coffee, or any other beverages with caffeine in them, such as Coke, tea, etc. These drinks are very irritating to the surgical area because they make the mucous very thick.

### CALL YOUR PHYSICIAN IF:

1. You have difficulty breathing.
2. A severe sore throat not relieved by Extra Strength Tylenol or pain medications.
3. You have difficulty swallowing that gets worse instead of better.
4. Temperature over 101F, even though you drink more fluids.
5. You get sores or ulcers in your mouth.

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