



Postoperative Care of Thyroplasty, Arytenoid Adduction and Injection Laryngoplasty

These are general guidelines only. Your case may be different. If your physician has given you specific instructions, please follow them.

Definition:

Thyroplasty, arytenoid adduction, and injection laryngoplasty are surgical procedures to move a paralyzed or weak vocal fold (cord) closer to the center of the larynx in order to improve the voice. Thyroplasty is accomplished by placing a silastic (flexible silicone) implant between the cartilage of the larynx (the “Adam’s Apple”) and the vocal fold. Arytenoid adduction is accomplished by rotating the cartilage to which the vocal fold is attached. Injection laryngoplasty is accomplished by injecting a substance into the vocal fold.

Routine Instructions:

Activity:

- Avoid talking for the first week after surgery. This means use the voice only when necessary. This helps reduce swelling of the vocal folds.
- Your physician will discuss with you if more strict or longer voice rest is necessary.
- No coughing, heavy lifting, or straining until instructed by your surgeon.

Diet:

- Eat lightly at first and avoid hard and crunchy foods.
- Eat slowly and avoid choking or coughing.
- Maintain your anti-reflux diet.
- Stay well-hydrated.

Medication:

- Go back to your prior medication unless otherwise told by your physician.
- Continue to take your reflux medications.
- Tylenol[®] may be taken as needed for pain.
- You will have been given an antibiotic prescription by your physician, take as directed.
- Robitussin DM or Mucinex DM may be taken to help suppress a cough.
- Do not drink alcohol, take tranquilizers, sleeping medication, or any non-prescription medication unless approved by your surgeon.

What to Expect:

- You may have a dressing wrapped around your neck at discharge. You may remove this in one day unless otherwise instructed by your surgeon.
- It is normal to be hoarse due to swelling. This will improve with time.

Contact Your Physician If You Have:

- Difficulty breathing
- Uncontrollable cough
- A fever of 101 degrees (by mouth) or higher
- Chest discomfort
- Severe trouble swallowing
- Redness, swelling, or drainage from your incision

Postoperative Care:

You should keep your incision dry except for cleaning it gently with ½ strength hydrogen peroxide and applying bacitracin ointment twice a day.

For Questions or Emergency Care:

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.