



## **Post- Operative Instructions Laryngeal Surgery**

1. Voice rest for 2 days. No singing, shouting, straining, or whispering until the physician gives you permission. After 2 days, talk only when necessary for one week.
2. No alcoholic beverages or cigarettes
3. Complete any medication you received while in the hospital
4. Your post-operative appointment should be scheduled and kept
5. Contact the office if you have any questions

### **Dietary Instructions**

#### **AVOID**

Citrus fruit juices, hot and highly seasoned foods and chips

#### **FIRST DAY**

Drink abundant amounts of water and small quantities of milk. Ice cream or sherbet may also be taken. Milk, strained cereal, malted milk, Jell-O, pudding, beef and chicken broth may be added to diet

#### **SECOND DAY**

Soft foods may be added gradually

#### **THIRD DAY**

Regular diet is slowly resumed

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