Postoperative Care of Injection Laryngoplasty

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

**Definition**
Injection laryngoplasty is a surgical procedure to move a paralyzed or weak vocal fold (cord) closer to the center of the larynx in order to improve the voice. This is accomplished by injecting a substance into the vocal fold.

**Routine Instructions**

**Activity:**
- No vocal restrictions.
- 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.
- 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.

**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

**For Questions or Emergency Care**
Call the office at 601-984-5160. You may need to speak with the doctor on-call.