Direct Laryngoscopy with Tracheal Dilation

The following instructions are designed to help you recover from microlaryngoscopy with dilation of your trachea (windpipe) as easily as possible. Taking care of yourself can prevent complications. It is very important that you read this sheet and follow the instructions carefully while you are at home. We are always happy to answer any questions.

Diet
For the first 24 hours following surgery you should eat only soft foods. Avoid foods that are fried, spicy, or scratchy to your throat. If it is too uncomfortable for you to swallow even soft foods on the first day, you should drink only liquids. On the day following surgery you may then advance to more solid foods. By the second day after surgery you should be able to begin eating solid foods.

Fluid Intake
It is very important that you drink plenty of fluids following this procedure, especially if a laser was used. General anesthesia also has a tendency to dry out the tissues in the area surrounding the surgery. Drinking fluids helps to lubricate these tissues. You should drink at least 8 large glasses of water a day.

Activity
You may resume your former physical activities when you feel up to it. Do not return to work if use of your voice is required and you have instructions to rest it. Do not drive or operate heavy machinery while taking narcotic pain medication.

Precautions
Do not drink alcohol, coffee, or any other caffeinated beverages for several days (preferably 21 days) after surgery. These beverages also irritate the throat, delay healing, and cause the mucus to become very thick.

Throat Discomfort
If you have pain or discomfort in your throat after surgery, you may take Extra-Strength Tylenol and/or Robitussin cough medicine or a prescription your doctor gives you. You may also find that warm soup relieves your sore throat.

Expectations
It is common, especially immediately after surgery, to cough up a small amount of blood or clot. It should go away within a day or so. Call the office if you have a large amount of blood, it worsens or does not resolve within 24-48 hours.

***Trach Care
Resume normal trach care, i.e. cleaning inner cannula, suction, etc. Do not change trach.

*** (If stent placed) Do not remove or attempt to rearrange the plastic stent that is extruding from your anterior neck. This is placed under your tracheostomy tube and will be removed in the OR at the appropriate time in the future from neck.

When to Call the Doctor
- If you have any difficulty breathing
- A severe sore throat that is not relieved by the Extra-Strength Tylenol or other pain medicine prescribed for you
- Difficulty swallowing that gets worse instead of better
- A temperature that stays over 101 degrees, even though you drink more fluids.

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