



What to expect and do after vocal fold injections

- **Discomfort After Surgery** – Sore throat, ear pain, stiff neck, and headache may occur. You may take both acetaminophen (Paracetamol) and ibuprofen for pain. Gum chewing can help alleviate the throat and ear pain. These symptoms should subside over the next few days.
- **Voice Care** – Generally, there is a period of **strict voice rest for 1-2 days** before being allowed to slowly increase one's speech. This allows time for the surgical site to heal properly.
- Try to **avoid coughing, whispering**, grunting or speech. Whispering strains your vocal cords more than calm speech, so even though it may be tempting to whisper, please do not.
- Often for the first 2-3 weeks, **the voice may seem pressed or strained**, then it gradually becomes more relaxed. This is normal.
- **Diet** – It is extremely important to drink plenty of fluids during the recovery period. Diet may be advanced as tolerated.
- **Avoid caffeine and alcoholic beverages** as these promote dehydration.
- **Activity** – No restrictions unless you are told otherwise by your doctor.
- Resume all home medications.

Return Appointment

A post-operative appointment will be scheduled for about 4-6 weeks after the surgery. This gives the surgeon the opportunity to assess how your voice responded to the injections.

When to Call the Doctor

- **Severe neck stiffness** accompanied by fever, fatigue, and headache
- **Fever over 38.5°C** not resolved with paracetamol or recurrent fevers
- **Difficulty breathing** (seek emergency care)
- **Signs of dehydration:** little to no oral intake, lethargy, dark urine

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.