



**CONSULTING LOCATION**

52 Templestowe Road  
Bulleen VIC 3105

**CONTACT**

**P** 03 9088 1030

**F** 03 9088 1031

**E** [office@mentac.com.au](mailto:office@mentac.com.au)

**[mentac.com.au](http://mentac.com.au)**

## Larynx/Voice Surgery

Laryngeal surgery includes any procedures done in the Voice Box (larynx) and throat (pharynx). This might involve excision of vocal cord nodules, laser biopsy of throat cancer, injection of vocal folds, suture repair of laryngeal cleft, graft expansion of the laryngeal framework, etc. Depending on the extent of the surgery some patients may go home on the same day. Antibiotics are rarely required. Patients can normally return to normal diet immediately after surgery. Small amounts of blood-stained phlegm and mucous may be expected in the first few days. Having some cool drinks or sucking on ice may be sufficient to relieve discomfort. Simple analgesia can be used. It is normal to feel sore throat and sore neck for a few days after surgery.

Resting the voice is important in the first 24 hours. Limit communication to necessary speak only. If you need to speak, speak with a normal voice. Avoid yelling or whispering. Whispering is not good for the vocal cords. The rest of the week, minimal voice use would be ideal though it can be hard at times. Keeping voice to essential normal soft tone would be good and avoid any whispering or overuse.

An appointment will be made 2-3 weeks after surgery.

If there are any significant concerns, it is recommended that the patient be seen by a doctor either at the GP practice, the Emergency Department, or at our clinic. We are unable to give a safe advice over the phone or email without directly examining the patient. Do not hesitate to contact our office for further advice if required.

