

POST-SURGICAL RECOMMENDATIONS FOR INTRACORDAL FAT INJECTION, VOCAL CORD FASCIA IMPLANT OR VOCAL FOLD RECONSTRUCTION, AND BOTULINUM TOXIN INFILTRATION

Process: Care and Treatment | **Code:** CT-FO-132 | **Version:** 03 | **Approval Date:** May 19, 2016

GENERAL CARE

- You must maintain relative rest during the first few days and avoid exercise until authorized by your doctor.
- If you smoke, **DO NOT** do so or avoid doing it; it is especially irritating and can cause complications. Furthermore, smoking delays the healing process in the airways.

WOUND CARE

The supra-umbilical wound (the fat donor site) requires the following care:

- After the follow-up check with your treating otolaryngologist—during which stitches and dressings are removed—the wound must be washed with plenty of water and soap. Before washing, ensure you practice proper hand hygiene to prevent surgical wound infections.
- Dry thoroughly with gauze; moisture on the wound can cause infection.
- If you notice heat, redness (rubor), or swelling, inform your treating otolaryngologist.
- If you observe bleeding or purulent material (pus), you must also report it immediately.

If the patient has a tracheostomy, the following care must be taken:

- Maintain good personal hygiene habits.
- Practice good cleaning habits at home.
- Remove the inner cannula (guidewire) and wash it with plenty of soap and water.
- Clean the cannula with damp gauze and dry it.
- Clean the skin around the cannula with damp gauze and dry it in the same manner, taking care not to dislodge or pull out the cannula.

- Dry the inner guide with gauze and reinsert it through the lumen of the cannula, making sure to do it exactly as instructed by the institution where the procedure was performed.
- Place the gauze around the cannula (in a poncho/ruana shape) and secure it with Micropore tape.

DIETARY CARE

- During the first day, avoid consuming dairy products. Do not drink carbonated beverages (sodas) either, as these items can cause vomiting and other discomforts.
- Do not consume hot or very cold foods; room temperature is preferred. A soft diet is highly recommended.

MEDICATIONS AND CARE

- **VOICE REST is extremely important**, which means you must not speak or converse during the first 4 to 5 days.
- Remember to take only the medications prescribed by your doctor. Medication intake should begin after your first meal.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Avoid gargling with Isodine Bucofaríngeo®, Noraver Garganta®, or any other similar products that you might think could relieve throat discomfort.
- If you take medications for any pre-existing medical condition, please inform your treating doctor to confirm whether you should continue taking them during the immediate postoperative period.
- **DO NOT** self-medicate.

DO NOT BE ALARMED

- It is normal to feel some mild discomfort in the neck and throat.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Temperature above 38°C (100.4°F) or if fever persists after 72 hours.
- Signs of redness (rubor), heat, and swelling (edema) around the wound.
- Hematoma (bruising).
- Bleeding through the wound.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at 2658584 ext. 170-177. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

The content of this document is the exclusive property and for the sole use of the Clínica de Otorrinolaringología de Antioquia S.A. Any photocopy taken from this document is considered an UNCONTROLLED COPY.

We give meaning
to your *senses*