

POST-SURGICAL RECOMMENDATIONS FOR THYROPLASTY / LARYNGOPLASTY

Process: Care and Treatment | **Code:** CT-FO-131 | **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. Additionally, smoking delays the healing process in the respiratory tract.

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and many other discomforts.
- Do not consume very hot or very cold foods; room temperature is preferred. Choose a soft diet.

MEDICATIONS AND CARE

- **VOICE REST** is very important, which means you should not speak or converse during the first 4 to 5 days.
- Remember to take only the medications prescribed by your doctor. This regimen should begin after you have consumed 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 consider helpful for soothing throat discomfort.
- If you take medications for any associated medical condition, please inform your treating doctor to confirm whether you should continue their administration during the immediate postoperative period.
- **DO NOT** self-medicate.

DO NOT BE ALARMED

- It is normal to feel a little 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.
- Bruising or blood collection (hematoma).
- 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.

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