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## **NURSING DISCHARGE HOME CARE INSTRUCTIONS** **MEDIALIZATION LARYNGOPLASTY**

### **ACTIVITY:**

- **Avoid whispering and throat clearing**
- No strenuous activity that may increase the risk of bleeding until follow-up MD Appointment (This means no jogging, swimming, biking, etc.)
- No driving while taking pain medication

### **DIET:**

- Sit upright (90 degrees) for meals
- Eat a variety of bland, soft foods that are easy to swallow for the first few days (Example: mashed potatoes, applesauce, banana, ice cream or pasta)
- **Anti-reflux foods** (No carbonated drinks, no chocolate, no red sauce, and no alcohol. Avoid citrus, salty or spicy foods.)
- Chew foods slowly and completely before swallowing
- **Drink plenty of fluids** (8-10 glasses daily)
- Maintain good oral hygiene after meals

### **INCISION CARE:**

- Look at the incision daily for increased swelling, redness, drainage or change in temperature. No bandage is needed if there is no drainage at the incision.
- Clean with soap and water. Dry well with a clean towel.
- Incision may be open to air if no drainage noted.
- Showering is OK, but keep the actual incision covered and away from direct water flow for the first week.

### **DISCOMFORT:**

- It is normal to have mouth discomfort and discomfort at the operative site. (Follow the directions for pain medications given to you by your doctor)
- DO NOT take Aspirin or Ibuprofen products (Motrin and Advil) at this time.
- You may substitute the narcotic pain medicine with Tylenol as your discomfort decrease in intensity over the next few days.

### **RESUMING MEDICATION:**

- You may resume your routine medications after discharge.
- Please continue to **avoid “blood thinning” medications** such as Aspirin products, Advil, Aleve, Motrin, Ibuprofen, Ginseng, Gingko or Coumadin. For those patients that take these medications, the plan will be individualized for you by your physician as to when to restart the medications.

### **CALL YOUR DOCTOR IF:**

- Your temperature is greater than 101 degrees Fahrenheit by mouth.
- You have bleeding, difficulty swallowing, or you vomit blood.
- You have shortness to breath or increased difficulty breathing. Your doctor may instruct you to go to the Emergency Room or dial 911 for emergency assistance.

**FOLLOW-UP:**

- Follow-up is typically one week after surgery.
- Speech therapy appointments may also be scheduled.
- If you do not have an appointment for a follow-up visit, call Central Scheduling office tomorrow to set one up.
- If you smoke cigarettes before surgery, **DO NOT START SMOKING AGAIN!**
- Smoking Cessation Group at Loyola for follow-up is **708-216-1346**.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Nurse  
Signature: \_\_\_\_\_

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