After Your Surgery

Vocal Fold Injection Augmentation

CAPITAL ENT & SINUS CENTER

What to Expect

- Throat pain for a few days after the procedure. Mild discomfort can occasionally last up to a week.
- Some discomfort while swallowing at first.
- Your voice often improves soon after the rest period ends. It may sound rough or uneven at first and will keep improving over the next several weeks.

What to Do

- If the injection was done awake under local anesthesia, do not eat or drink for 2 hours, until the numbness in your throat wears off. After that, or right away if you were asleep for the procedure, resume a normal diet.
- Drink plenty of water: aim for about 60 oz (7 to 8 cups) of fluid a day unless told to limit fluids.
- Continue reflux medication if it was prescribed.
- Take Tylenol as needed for pain.

What Not to Do

- Do not speak or whisper at all for 48 hours after the procedure. This keeps the injection material from leaking out of the injection site while it heals.
- Avoid coughing and throat clearing. If you feel the urge, swallow hard or take a sip of water instead.
- No smoking or vaping until your surgeon confirms you have healed.
- After sedation or general anesthesia: for 24 hours, no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.

When to Call or See the Doctor

- Difficulty breathing, or noisy or high-pitched breathing: call 911 or go to the nearest emergency room.
- In the 10 days after the injection, call us the same day for a new or growing feeling of fullness in the throat, a voice that gets worse instead of better, or new trouble swallowing.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after the procedure, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Worsening, severe throat pain.
- Dehydration signs: no pee in 8 hours, dark pee, dry mouth, dizziness or unusual sleepiness. Call the same day, or if pain keeps you from drinking.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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