

After Your Surgery: Vocal Fold Injection Augmentation



What to Expect

- You may have throat pain for a few days after the procedure.
- You may initially have some discomfort while swallowing.
- After you resume talking, your voice will likely be strained and “tight” for 1-2 weeks. You may have some hoarseness for 1-3 weeks and your voice will gradually improve.

What to Do

- Resume normal diet and light activity after the procedure.
- Drink plenty of water (i.e., 60 oz per day).
- Continue reflux medication if prescribed.
- Can take Tylenol as needed for pain.

What Not to Do

- Do not speak (or whisper) at all for 48 hours after the procedure. This is followed by *limited* voice use for 5 days (e.g., 15 min voice use per hour). This is so the injection material does not leak out from the injection site while it is healing.
- Avoid coughing and throat clearing.
- No heavy lifting or intense exercise for 1 week.
- Do not smoke.

When to Call or See the Doctor

- Persistent fever over 101° F.
- Worsening, severe throat pain.
- Difficulty breathing or swallowing.

Follow Up

- Follow up as instructed, usually 1 week after surgery.