Direct Laryngoscopy & Vocal Cord Surgery
What can I expect after surgery?

- Rest your voice after surgery for 2 weeks. No yelling or whispering. When you do talk, do so in a low, soft voice and keep it to a minimum. Avoid singing.
- Avoid strenuous activity for 1 week. This includes bending, lifting, manual labour and avoidance of dust/dirt exposure at work.
- After the surgery, you may have a sore throat. This is usually secondary to the intubation needed with the general anesthetic during surgery. Drink cool liquids and this symptom should improve within 1 to 3 days.
- Contact the office, or after hours go to the nearest Emergency Department, if you have any shortness or breath or difficulty swallowing.