

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time Monday to Friday, 8 a.m. to 5 p.m.

Nurse voice mail line:
206-598-4437

Otolaryngology/Head
and Neck Surgery
Center: 206-598-4022

After hours, call UWMC
paging: 206-598-6190
and ask to page the
Otolaryngologist
resident on call.

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Vocal Cord Medialization

What to expect after your surgery

Vocal cord medialization, also called *medialization thyroplasty*, is the repositioning of a paralyzed vocal cord(s) so that both cords can meet in the middle to produce a good voice. Sometimes a stitch is required to reposition one of the vocal cord cartilages. This is called *arytenoid adduction* and is done at the same time as the medialization surgery.

This pamphlet outlines what to expect after your surgery.

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What to Expect After Your Surgery

Incision

- Your incision will be just under the Adam’s apple. It will be closed with dissolvable sutures.
- Keep the incision clean. The nurse on the unit will give you instructions on this before you are discharged.

Drain

- You will have a small drain in your incision. This will be removed before you leave the hospital.

Medications

- Pain is usually minimal. A sore throat is the most common complaint.
- You will be given a prescription for pain medication and antibiotics.
- If you develop a rash or bumps on your skin, stop the antibiotic and call us.

Diet

- You should be able to eat normally after your surgery.

Activity

For two weeks after surgery:

- Do only light activities. Avoid heavy lifting, straining, or pushing.
- Limit use of your voice.
- Avoid throat clearing, heavy coughing, shouting, singing, or long talks.

Follow-up Visit

- You will need an appointment in 12 weeks in the Voice Clinic. If you do not have an appointment, call the office and make one as soon as you get home, or come by the clinic on your way out of the hospital.

Appointment Date and Time

Date: _____

Time: _____