

Thyroplasty

What to expect for your surgery:

The surgery will be performed under local anesthesia and sedation and will usually last around 1 hour.

The procedure involves making a small incision on your neck to access the cartilage of your voice box. A small window will be created in this cartilage to place an implant that will reposition your vocal cord to try to improve voice quality.

A dressing will be placed on your incision at the completion of the procedure.

Please make sure not to eat or drink anything after midnight the night before unless you need a small sip of water for medications on the morning of the procedure.

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What to expect after your surgery:

Pain following the procedure varies but for most patients is not severe. A prescription medication will be provided to control pain. For mild pain, it is acceptable to use acetaminophen or ibuprofen. However, note that the pain prescription provided may contain acetaminophen and therefore, you should not use acetaminophen if you are also using the prescription pain medication.

A steroid medication will also be given to reduce inflammation and swelling.

Voice rest is not necessary. You should expect that voice quality will fluctuate greatly on a day to day basis and will not represent the final voice outcome. The voice quality will usually stabilize and improve within 2-3 weeks.

Most commonly, a tissue glue will be used to seal the wound at the end of the procedure. As a result, after 24 hours, you may remove the dressing that was placed and you may shower. It is acceptable to get the wound wet and gently pat the wound dry.

If different wound care instructions are required, your physician will inform you after surgery.

There are no dietary restrictions after surgery.

You should avoid straining or lifting more than 5 pounds. It is acceptable to perform light cardiovascular activity.

Please call your physician with any of the following: shortness of breath, neck swelling, discharge from the wound, bleeding, inability to swallow, fever >101 or pain that is not controlled with the medication that provided.

Your First Postoperative Visit:

A postoperative visit should be scheduled around 1 week after the procedure. If one has not been previously scheduled, please call the office for an appointment.

At your first postoperative visit, the wound will be examined and a fiber optic camera will be used to examine your vocal cords.

After this visit restrictions will be lifted and you will be able to resume normal activity and lifting.

You should expect gradual improvement in the voice over the next week to 3 weeks.

For care of the wound you should plan on applying a topical preparation at least twice a day for the weeks following the procedure. Options include antibiotic ointment, petroleum jelly, Aquaphor™ or a specialty wound care product such as Mederma Scar Gel™ or Scar Fade™. Additionally, for the first 3 months following surgery you should use a high SPF sunblock with any sun exposure.

An additional postoperative visit should be scheduled in about 6 weeks for routine follow up.

While most patients experience a significant improvement in voice, the degree of improvement will vary. Some will notice near normalization of voice and others will notice that there will still be limitations. If you are continuing to experience voice issues please discuss this with your physician.

Your First Postoperative Visit: