

# CommunityENT

EAR • NOSE • THROAT • ALLERGY

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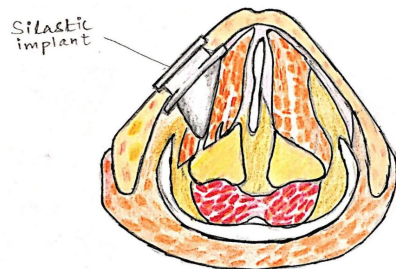
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## Post Operative Instructions for Thyroplasty

### What is a Thyroplasty?

A thyroplasty is a surgery to correct a vocal cord paresis or paralysis. This means either a vocal cord doesn't move at all, or isn't moving well. Usually a vocal cord paresis or paralysis is due to an injury to the recurrent laryngeal nerve. This is the nerve that controls the vocal cords. Typically these patients will have a weak voice, requiring significant effort to vocalize or have trouble swallowing. A thyroplasty is a procedure used to help medialize or move the vocal cord to midline. The surgeon will make a small incision on your neck near your voice box. A small piece of thyroid cartilage is removed and a small block of medical grade silicone is secured into the cartilage. This block acts as a wedge that pushes the vocal fold to midline. This causes an immediate improvement in vocal power and decrease in hoarseness.

A thyroplasty is performed under local anesthetic with sedation. This anesthesia technique allows the surgeon to fine-tune the patient's voice by correctly sizing the implant. After the silicone block is placed into position, the surgeon will ask the patient to speak so he can make sure the implant is the appropriate size.



Montgomery Thyroplasty  
Implant System

### **How should I prepare for my surgery?**

You should discontinue any aspirin or anti-inflammatory medications for 7 days prior to the surgery, this includes certain supplements such as fish oil and omega-3. If you are on any blood thinners, you will need to consult with the surgeon and the prescribing physician on how to discontinue those medications before surgery.

### **What are the possible complications?**

There is a risk of wound hemorrhage or a vocal cord hematoma (bruising of vocal cord). There is a risk of airway obstruction that can require removal of the implant. There is a risk of implant extrusion. Anesthesia risks will be discussed thoroughly with the anesthesia team prior to your surgery.

### **What can I expect after surgery?**

You can expect for your throat to be sore and raw for a few days. Anyone with a history of a thyroplasty should always notify the medical team prior to having any general anesthesia to avoid problems with intubation

### **What do I need to do at home**

You can talk, eat and drink normally. You should not yell, smoke or drink alcohol. You do not want anything irritating your vocal cord. You should be on a soft diet for the first 24 hours after surgery. After that, you can advance your diet as tolerated.

### **When do I f/u with my doctor?**

Typically the first follow up appointment is between 1-2 weeks. At that appointment, you may undergo a fiberoptic vocal cord exam in the office to check on your progress. Depending on your surgeon, speech therapy may be recommended.

### **When should I call my doctor?**

Call the Office if:

- Coughing up bright red blood
- Fever greater than 100.5
- Trouble swallowing, trouble breathing.

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