How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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Advice for patients undergoing vocal cord surgery ‘Microlaryngoscopy’

Avoid shouting, clearing your throat, coughing, laughing loudly, whispering and singing.
Rest your voice between conversations.
Aim to drink two litres of water per day, avoid caffeine and alcohol.
Continue inhaling plain steam vapours for five minutes at least once, preferably twice a day.

Your vocal cords may take six to eight weeks to fully heal after microlaryngoscopy, so over this time, you should treat your voice with care. It is likely you will be offered specialist voice therapy as part of your treatment after this procedure.
Introduction
This leaflet explains how to look after your voice before and after undergoing microlaryngoscopy. This is a surgical examination of the larynx (voice box) under general anaesthetic. The aim is to find out, in more detail, what is wrong with your larynx, and if possible try to improve your voice.
You are likely to be asleep for about 45 minutes during the procedure. The anaesthetist will talk to you about the anaesthetic on the day prior to the operation.

Risks of vocal cord surgery
Your consultant will discuss the specific risks to you prior to the operation. In general, be aware of the following risks:
• Small risk of damage to your teeth, because of the instruments used to help you breathe during the operation.
• Your voice may be no better or possibly temporarily worse after surgery.
• After waking you may have a sore throat, this will only last a day or two. Advice on suitable pain relief will be given to assist with this.

Before coming into hospital for your surgery
In the week before your surgery avoid things which irritate the vocal cords e.g. smoke, alcohol, caffeine.
If you have been prescribed reflux medication continue to take it as prescribed.
Throat clearing, coughing and shouting should be avoided.
You must rest your voice after your operation and so warn your friends and family that you will not be able to speak at all for at least 48 hours.
Arrange to take one week off work, although you may need up to two weeks off work if your job is vocally demanding e.g. teacher.

Immediately after your microlaryngoscopy for the first 48 hours (2 days)
Complete voice rest – i.e. do not talk, whisper, laugh out loud, sing, cough or clear your throat as this may delay recovery.
Text and email. No Phoning.
Aim to drink two litres of water per day, avoid caffeinated or alcoholic drinks, because they can dry out your vocal cords.
During the first 48 hours inhale plain steam vapours for 10 minutes up to four or five times a day.
Avoid smoking. Avoid smoky and polluted atmospheres. Avoid heavy lifting, pushing and pulling including gym and aerobic activity.

For the next week or two
After the first 48 hours of complete vocal rest, unless advised otherwise, it is important to start using your voice again with care. Gradually and gently build up the amount of talking you do over the following week. This helps your vocal cords to begin working properly and encourages further healing.

For at least two weeks after surgery it is important that you:
Speak quietly and gently for short periods.
Speak less often than usual, gradually increasing the amount you use your voice each day.