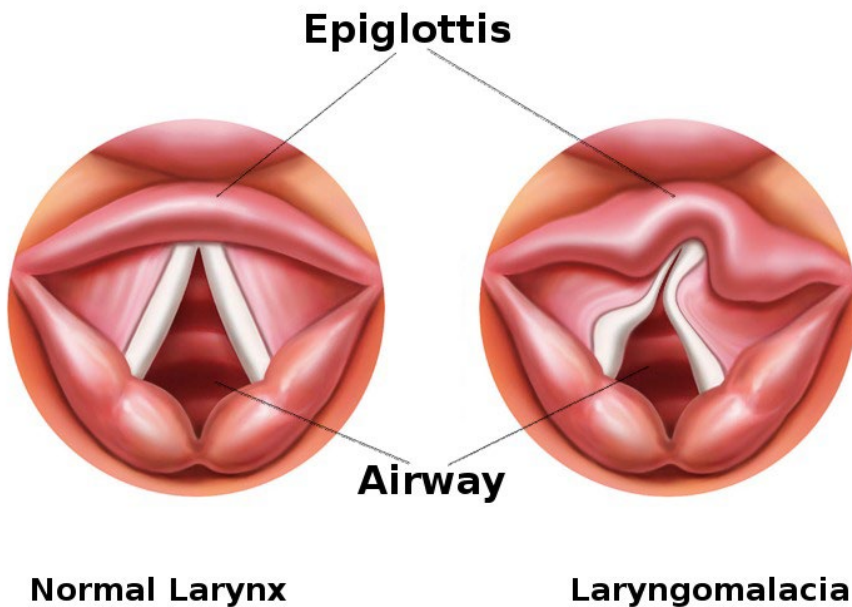


Care After Supraglottoplasty for Laryngomalacia

What is laryngomalacia?

Laryngomalacia is a softening of the tissues of the **larynx** (voice box) above the vocal cords. This **congenital** (present at birth) condition is the most common cause of noisy breathing for babies. With laryngomalacia, the larynx structure is formed differently than what is normal. It is floppy, causing the tissues to fall over the airway opening and block part of it.



What is supraglottoplasty?

For most babies, laryngomalacia will go away without surgery by the time they are 18-20 months old. However, a small percentage of babies with laryngomalacia who struggle with breathing, eating, and gaining weight may be offered surgery to fix the issue. This surgery is called a **supraglottoplasty**.

What are the care instructions for my child before the surgery?

- Children with laryngomalacia will be able to breathe easier by resting with their head raised up at a 30-degree angle, or by positioning their heads to keep their airway as open as possible.
- Follow the care guidelines from your child's ENT (ear, nose, and throat) provider from your most recent appointment.
- Pre-op guidelines (guidelines you should follow before surgery) will be provided within 30 days of your child's surgery date.

What can I expect after the surgery?

- Your child's throat may feel sore or slightly swollen for 2- 5 days.
- Right after the surgery, your child may sound worse or have some issues with feeding. This can continue for up to 1-2 weeks. This is caused by swelling. These issues should go away after 2 weeks.
- Your child will be on an anti-reflux medication after surgery. This medication helps keep their stomach acid low, which prevents it from going up to their throat while they are recovering. The amount of medication will be adjusted based on your child's weight.

What foods or fluid restrictions will my child have after surgery?

Talk with your child's surgeon about diet limitations (what they can and cannot eat or drink after surgery). This can change depending on the age of your child. Your surgeon will encourage you to follow a liquid-only diet for your child for the first week after their surgery.

- Hold your child in an upright position during feeding and at least 30 minutes after feeding. This helps keep their food from coming back up.
- Burp your child gently and often during feeding.
- Only give your child non-acidic fluids for the first week after surgery (like apple juice and Pedialyte®).

What kind of activities can my child do after surgery?

For the first week after surgery, try to only do calming activities. For example, don't excite them with toys, reduce the number of people interacting with your child, and use quiet music to help them go to sleep.

How do I take care of my child's surgery sites (the areas on their body where they had their surgery)?

The surgeon will make sure that there is no bleeding where your child had their surgery. You will not be able to see your child's surgery sites (which are inside their body), so there is no extra care you need to do.

How do I manage my child's pain at home?

You can give your child liquid Tylenol® medication. You may get a prescription for this or you can buy it at a pharmacy. Make sure to follow instructions for how much you can give them based on their weight and guidelines for maximum dosing. You may give them this pain medication every 6 hours for first 3 days after their surgery.

When should I call the doctor?

Call your doctor if your child has any of the following symptoms:

- Fever (by mouth) over 100.4 degrees Fahrenheit
- They are not able to keep fluids or foods down (they spit them back up)
- They have strong pain that is not managed by taking pain medications as your doctor or nurse instructed

What is the contact information?

- Monday-Friday from 8:00 a.m. - 5:00 p.m.:
 - Call the Otolaryngology nurses at (734) 936-8051
- After hours, on weekends, or on holidays:

- Call hospital paging at (734) 936-6267 and ask for the Otolaryngology (ENT) resident on call for your surgeon

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