

What is thyroplasty?

Thyroplasty is a surgical procedure to change the position of a **vocal fold** (also called a **vocal cord**). During this procedure, a surgeon places an implant that moves a paralyzed (not moving) or weak vocal fold closer to the center of the voice box to improve your voice (or, in some cases, swallowing). Your surgeon will place a small implant into the paralyzed vocal fold through an **incision** (cut) on the front of your neck. Implants come in different shapes and sizes. Your surgeon will decide what type of implant is best for you.

What should I eat after surgery?

- Your throat will usually feel a little sore for several days to 1 week after surgery. We recommend you start out with liquids or soft foods.
 - You may go back to your regular diet as quickly as you feel comfortable. You may even eat your usual foods the day after surgery if your throat feels okay, but it is also fine to slowly work up to your regular diet.
- Be sure to drink plenty of liquids, even if your throat is sore.

What activities can I do after surgery?

- Please try to limit the use of your voice for the first week after surgery. You may talk, but try to only talk when necessary.
 - If a longer period of limited voice use is necessary, your doctor will talk with you about this at your 1-week follow-up visit (when they will remove your skin suture, or stitch).
- Avoid heavy lifting or strenuous activity (activities that cause you to breathe hard) until your doctor says it's okay.

- You may shower the day after surgery. Gently pat the incision dry after showering (do not rub).

When should I call my doctor?

Please call your doctor immediately if you experience any of the following:

- Difficulty breathing
- You can't swallow
- Drainage (leaking fluid) from the incision
- Redness of incision
- Your incision is warm to the touch
- Swelling in the neck
- Pain that is not helped by your pain medication
- Fever greater than 101° Fahrenheit

Who should I call if I have questions?

If you have questions or concerns after your surgery, please call the Otolaryngology Clinic nurses at (734) 936-8027 Monday through Friday between 8:00 AM - 4:30 PM. Please hold non-urgent questions for the next business day.

- If you have urgent questions or concerns on weekends, holidays, or after business hours, please call (734) 936-6267 and ask the operator to page the Otolaryngology resident on call.

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