

Mr Gavin A J Morrison MA FRCS
Consultant Otolaryngologist
Guy's & St. Thomas' Hospitals

73 Harley Street
London W1G 8QJ

Tel: 020 7487 4446
Fax: 020 7224 6381

email: gajm@gavinmorrison.com

The Lister Hospital
020 7730 7733

The London Clinic
020 7935 4444

Harley Street Clinic
020 7935 7700

The Portland Hospital
020 7580 4400

INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE
Vocal Cord Surgery

- ◆ **Voice rest** You must not talk or whisper at all for the first week, and after that, only use the voice gently, infrequently and without straining. During this time you should write messages on a pad, have the phone on answerphone, and communicate by email and text messaging. You must therefore be **off work**.
- ◆ It is normal for the throat to be painful for 1-2 weeks. Usually, it gets much better after the first week.
- ◆ If you have a persistent raised **temperature** or worsening **pain**, there is likely to be an infection. You should get a course of antibiotics from your GP, unless these have already been given.
- ◆ It is important to use sufficient **painkillers**: Paracetamol and Ibuprofen, taken as advised on the packet.
- ◆ If you experience any **bleeding** from the throat which lasts more than five to ten minutes, you should contact Mr Morrison - see below for emergency contact numbers.
- ◆ You need to take two weeks **off work** following the operation, and avoid too much social contact in this time.
- ◆ **EMERGENCIES:** If you need to contact Mr Morrison for general advice or in an emergency firstly please try the office telephone number 0207 487 4446. If there is no response on the above number and you need to contact Mr Morrison out of hours please ring the Hospital and Ward where you were staying). The Nurses will be able to get a message to Mr Morrison at home or on his mobile phone so that he can advise. Similarly, the other hospitals listed above could try to contact him for you. If Mr Morrison is going to be away, he will usually have suggested an ENT Consultant Colleague who might cover.
- ◆ Finally, NHS emergency care is available from the ENT Specialist Registrar on call at Guy's & St Thomas' Hospitals, or from your nearest NHS Hospital with an ENT Department.