



JUNE 2020

# VOICE SURGERY PROGRAM

INFORMATION BOOKLET

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## PART B



**VOICE SURGERY PROGRAM**  
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**TABLE OF CONTENTS**

1.	GENERAL INTRODUCTION .....	
2.	OUR VOICE SURGERY PROGRAM .....	
3.	RISKS AND COMPLICATIONS .....	
		<b>PART A</b>
4.	INTRODUCTION PART B .....	<b>3</b>
5.	THE MONTHS BEFORE YOUR SURGERY .....	<b>4</b>
6.	PREPARING FOR YOUR RETURN HOME .....	<b>7</b>
7.	PREPARING YOUR SUITCASE .....	<b>8</b>
8.	THE DAY BEFORE SURGERY .....	<b>9</b>
9.	THE MORNING OF YOUR SURGERY .....	<b>10</b>
10.	YOUR STAY AT CENTRE MÉTROPOLITAIN DE CHIRURGIE .....	<b>11</b>
11.	INTRODUCTION PART C .....	
12.	CONVALESCENCE .....	
13.	RISKS AND COMPLICATIONS .....	
14.	POSTOPERATIVE FOLLOW-UPS .....	
		<b>PART C</b>



# 4

## INTRODUCTION PART B

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This section contains information on preparing for surgery. It also contains information on the course of your stay with us.



# 5

## THE MONTHS BEFORE YOUR SURGERY

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### 5.1 PREOPERATIVE QUESTIONNAIRE

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The preoperative questionnaire completed when your file was opened is valid for a six-month period. After this time, for security reasons, you will be asked to fill it out again.

**AT ALL TIMES, BEFORE YOUR SURGERY, LET US KNOW IF:**

- you notice a change in your health status;
- your life situation changes and could influence the expected results following the intervention;
- you develop a bacterial or viral infection – ask your attending physician to forward your consultation report to us and to include details about the infection and treatments; and/or
- there are changes with your current medication – please provide us with an up-to-date list.

### 5.2 PREOPERATIVE EXAMINATIONS

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- A resting electrocardiogram will be required if you are 40 years old and over.
- You must provide us with the results at least two months before the date of your surgery. Please note that these test results are valid for a four-month period.

Following the analysis of the results, additional examinations may be required. In such case, be sure to send us the results as soon as possible to avoid postponement of your surgery.

### 5.3 SPEECH THERAPY

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It is important to have completed the recommended speech therapy before surgery.

You will be required to remain silent, not speaking or even whispering for 10 days after surgery. Thereafter, you will have to resume speech therapy.

## 5.4 PREOPERATIVE MEDICATION

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At all times, before your surgery:

- continue to take your hormone therapy treatment; and
- continue to take your antidepressants and antipsychotics.

It is important to start taking preventive medication for acid reflux, allergies, and asthma, if any, at least three months before surgery and to continue at least one year afterwards.

### MEDICATIONS THAT SHOULD BE STOPPED

It is your responsibility to determine whether the medications you are taking contain any of the products listed below. If in doubt, consult your physician or pharmacist.

#### THREE MONTHS BEFORE SURGERY, STOP TAKING:

- oral retinoids (Accutane®).

#### TWO WEEKS BEFORE YOUR SURGERY, STOP TAKING

- natural health products;
- homeopathic products;
- vitamins, supplements, and minerals; and
- products containing garlic (allicin).

Consumption of fresh/raw or cooked garlic, is not recommended.

#### TEN DAYS BEFORE YOUR SURGERY, STOP TAKING:

- acetylsalicylic acid such as Aspirin® and any other products containing acetylsalicylic acid;
- anti-inflammatories (unless advised otherwise by your physician or surgeon) such as Advil®, Ibuprofen®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.; and
- cold and flu medicines such as Tylenol Sinus®, Advil Sinus®, Reactine®, cough syrup, etc.

## 5.5 ALCOHOL

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Completely stop drinking alcohol four weeks before and three months after your surgical intervention. The combination of alcohol and medication can cause unpredictable adverse reactions.

## 5.6 TOBACCO

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Stop smoking cigarettes and/or any form of irritant by smoke or vapor containing nicotine or other toxic products at least six months before your surgery. Nicotine and the toxic substances contained in these products can contract small blood vessels and therefore:

- increase inflammation on your vocal cords and negatively affect your results;
- slow the healing of your wounds, increasing the risk of infection;
- increase the risk of respiratory problems and pneumonia after surgery; and
- cause nausea, vomiting, and coughing fits which increase the risk of bleeding after surgery.

**Nicotine substitutes (Nicorette® or others) are also contraindicated during this period as they have these same adverse effects.**

**The use of any inhaled product after your surgery may negate any benefit obtained.**

## 5.7 CANNABIS

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Stop all recreational cannabis use two weeks before your surgery, mainly because of the possible interactions of cannabis with anesthetic agents.

Cannabis can be used for medical purposes, by prescription only. In some contexts, its use may be permitted following assessment with the medical team and your cannabis prescribing physician. Please let us know. However, smoking cannabis has direct effects on the vocal cords and respiratory system and may affect your postoperative recovery and the final quality of your voice.

Since there are no studies confirming a safe threshold for preoperative and postoperative cannabis use, the safest approach is not to use cannabis. If you use cannabis to relieve a health problem, please discuss this with your surgeon.

Please note that the use of recreational cannabis, in any form, is prohibited on all Complex chirurgical CMC property. In addition, municipal laws prohibit the use of cannabis in any public place, indoor or outdoor.



# 6

## PREPARING FOR YOUR RETURN HOME

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We have listed below several things to plan for and items to procure to facilitate your return home. Preparing in advance will allow you to concentrate your energy on your convalescence and care.

### 6.1 ITEMS TO PURCHASE AND TO LEAVE AT HOME

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Here are a few items to purchase and leave at home (they will be needed for your home care):

- One thermometer to check your temperature when needed;
- Approximately 10 non-sterile 4 x 4 compresses;
- One notebook and pencil to communicate for the first 10 days;
- One humidifier that you will install in your room for the first three months after the procedure; this will be used to keep your vocal cords lubricated during the night.
- Chlorhexidine-based soap, in liquid form or soaked sponges. You will need to bring it with you if you do not take preoperative showers at home.

### 6.2 OTHER ELEMENTS TO PREPARE

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**Meals and snacks:** Cook low residue, low reflux meals - see Voice Diet guide - freeze them and buy non-perishable food so you do not need to cook when you get home.

**Communication:** Advise your family and friends that you will only be able to communicate in writing for the first 10 days after the procedure. Advise them of the recommended methods of communication during this period: paper, fax, e-mail, text message, etc. Leave a message on your answering machine for this purpose.

**Ask someone close to you to be available if needed:** This person can accompany you on your travels and, if necessary, provide support.

**Return to work and notice to your employer:** The convalescence period is four weeks and may vary depending on the nature of your work. It is important to notify your employer. If you would like a letter justifying a period of leave of absence, request one by going to the GRS Montréal consultation office.

# 7

## PREPARING YOUR SUITCASE

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### 7.1 A SMALL SUITCASE WITH WHEELS

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- Carry-on type suitcase of dimensions of about 23cm x 40cm x 55cm (9" x 15.5" x 21.5") and of a maximum weight of 10 kg (22 lbs.).
- Please note that after your surgery, you will not be able to lift objects heavier than 4.5kg (10 lbs.).
- In your room in the care unit, the space to store your personal belongings and your suitcase will be very limited.

### 7.2 PERSONAL ITEMS TO BRING

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- For identification purposes, your provincial health insurance card OR passport (if you are not a Canadian resident);
- Current medication, properly identified and MANDATORY kept in their original containers;
- Anti-reflux and anti-allergy medications if applicable and prescribed by your surgeon;
- One pair of closed slippers with non-slip soles;
- One bathrobe;
- Entertainment such as a book and a device to listen to your music and its charger cable - don't forget to bring your headphones;
- Personal hygiene kit containing toothpaste, toothbrush, unscented lotion, etc.;
- Paper and pencil for communication after surgery.

And, if applicable:

- Inhalation pump and inhalation chamber;
- Glasses and/or contact lenses, case and lens solution;
- Container for your dentures and/or hearing aids.

### 7.3 DOCUMENTS TO BRING

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- The three parts of this information booklet (Parts A, B, and C).
- Up-to-date list of your medications issued by your pharmacist.
- For patients who are not Canadian residents: the "Contract for Medical Services" and the "Governing Law and Jurisdiction Agreement". If you have not received this document, please contact us at 1 514 288-2097.

**The Centre Métropolitain de Chirurgie is not responsible for the loss, damage, or theft of personal belongings. Do not bring a large amount of cash with you and leave your jewelry and valuables at home.**

# 8

## THE DAY BEFORE YOUR SURGERY

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### 8.1 CHANGE IN YOUR HEALTH STATUS

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If the day before your surgery you have a fever (temperature) or if you have the flu, diarrhea, or vomiting, quickly notify the CMC nursing staff by calling 514 332-7091, ext. 232. You can leave a message on the voice mail box.

### 8.2 FIRST PREOPERATIVE SHOWER

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It is mandatory to take a shower the day before and the morning of your surgery. In order to reduce the risk of infection and to reduce the number of bacteria on the skin during the operative and postoperative periods, you must use the sponges or chlorhexidine-based soap that you have obtained (see point 6.1) to wash the area to be operated on.

**Be sure to carefully follow the instructions provided with the product and avoid contact with the eyes and ears.**

**After showering, do not apply lotion or cream to your skin.**

### 8.3 ARTIFICIAL NAILS, NAIL POLISH, AND “PIERCING” JEWELRY

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Remove artificial nails and nail polish covering your nails since the color of your nails is a good indicator of the level of oxygen in your blood. In addition, the device used to measure your oxygen level may have difficulty reading the results if your nails are covered with nail polish, even if it is clear, or if you have artificial nails.

It is mandatory to remove all your piercing jewelry because of the risk of burns during the procedure. Please note that the surgeon may refuse to proceed with surgery if you refuse to remove them. However, they can be replaced by silicone piercing jewelry.

### 8.4 FASTING

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You must fast as of midnight the night before surgery. Do not eat any solid food or drink liquid, including water. Avoid chewing gum or sucking on candy. You can, however, brush your teeth and rinse your mouth

# 9

## THE MORNING OF YOUR SURGERY

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### 9.1 PREOPERATIVE SHAVING

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Do not shave any part of your neck before surgery.

### 9.2 SECOND PREOPERATIVE SHOWER

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You must take a shower the morning of the surgery and wash the area to be operated on with chlorhexidine-based soap or sponge.

After the shower, do not apply any lotion or cream to your skin.

### 9.3 9.3 PERSONAL MEDICATION

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The morning of your surgery:

- use your inhalation pumps even if you normally only use them when needed;
- take your anti-reflux and anti-allergy medication; and
- do not take your regular medications, including diabetes, heart, and blood pressure medications.

\*A nurse will tell you whether or not to take them, based on the anesthesiologist's recommendations.

# 10

## YOUR STAY AT THE CENTRE METROPLITAIN DE CHIRURGIE

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### 10.1 ADMISSION

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One week before your surgery, a member of the GRS Montréal team will inform you of the time that you will be expected at Centre Métropolitain de Chirurgie.

Please note that your admission time does not correspond to your surgery time, which cannot be precisely confirmed.

At the time of admission, you will be greeted by a member of the nursing staff who will complete a preoperative check list with you and answer all your questions.

### 10.2 MEDICAL CONSULTATION

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On the morning of your surgery, your anesthesiologist and your surgeon will meet with you to discuss anesthesia and the surgical procedure as well as to answer all your questions.

### 10.3 SPECIFIC PREMEDICATION FOR YOUR SURGICAL PROCEDURE

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Approximately two hours before your surgical procedure, the nursing staff will give you premedication in tablet form to help reduce postoperative pain as well as the risk of nausea and vomiting.

### 10.4 OPERATING ROOM

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You will be taken to the operating room by a member of the care team.

Upon your arrival in the operating room, members of the surgical team will verify your identity and the information in your file. For security reasons, you will be asked to confirm your first and last name several times. You will then be under the care of the anesthesiologist during the surgery.

## **10.5 THE RECOVERY ROOM AND CARE UNIT**

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Immediately after surgery, you will be transferred to the recovery room. It is normal to feel nausea at this time. These symptoms are part of the side effects of anesthesia. The time spent in the recovery room is about 30 minutes and will allow you to recover under the continuous supervision of the nursing staff.

You will then be transferred to our care unit for one night.

## **10.6 THE COMFORT OF YOUR LOVED ONES**

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Your relatives will not be allowed to follow you to the operating room. They can wait for you in the waiting room located at the main entrance (Poincaré Street).

When you return to your room in the care unit, your relatives will be allowed to come and visit you, but only one at a time in order to respect the peace and privacy of the other patients. Consequently, if the peace of mind of the clientele is not respected, we will be obliged to intervene, and we may ask to minimize the visiting time.

Visiting hours are from 9:00 a.m. to 8:00 p.m.

During your stay, no meals will be served to your loved ones. Please check with the Complexe chirurgical CMC staff for nearby restaurants.

## **10.7 MEDICAL DISCHARGE**

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You will be allowed to leave the CMC the day after your surgery once you have been visited by your surgeon and your pain is well controlled. You will return home or to our partner hotel if you have made this choice. You will then receive your discharge prescription as well as information about your postoperative care at home.

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999 De Salaberry Street, Montreal, Quebec H3L 1L2 T 514 288-2097 F 514 288-3547 grsmontreal.com

CMC



**COMPLEXE  
CHIRURGICAL**

**GRS MONTRÉAL**

999, rue De Salaberry  
Montréal (Québec) H3L 1L2

T 514 288-2097  
F 514 288-3547

[grsmontreal.com](http://grsmontreal.com)