

POSTOPERATIVE INSTRUCTIONS
LARYNGOSCOPY AND MICROLARYNGOSCOPY

General:

These procedures are performed to treat disorders of the larynx (voice box) and hypopharynx (lower portion of the throat). Examination, biopsy, removal or augmentation of the structures of the throat may be performed. These procedures are usually done as an outpatient under general anesthesia. Hospital admission may be required if there is excess bleeding or swelling during the procedure or if there are other health conditions such as sleep apnea or bleeding disorders. **Do not smoke following your surgery.**

Diet:

Start with liquids after anesthesia. Only liquids or soft foods should be taken for the first 3 days following surgery. Soft foods include soup, noodles, scrambled eggs, oatmeal, yogurt, smoothies, applesauce, mashed potatoes or ice cream. Avoid toast, chips, hard crusted breads, and steak or similar meats.

Pain Control:

You may experience a mild to moderate sore throat or tongue for several days following the procedure. The throat pain may also cause earaches. Pain medications such as Vicodin, Tylenol #3 or Norco will be prescribed and should control moderate pain. Tylenol over the counter may be taken for mild pain.

Voice Rest:

The period for *voice rest* (no talking) varies and should be discussed with your doctor before your surgery. Relative voice rest is recommended for 2 weeks. This means that you should not speak to anyone if they are greater than an arm's length away. Avoid whispering, shouting or singing. Speak with your normal voice for limited periods of time. No heavy lifting or straining for 1 week following surgery. Avoid excessive coughing or throat clearing.

Follow-up:

Your follow-up should be scheduled 1-2 weeks following surgery. Biopsy results will usually be available 24-48 hours following the surgery. You will be informed of the results.

Please call the office immediately (858 755-9343) if you experience:

Difficulty breathing
Inability to swallow
Fever great than 101 degrees