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Post-operative instructions following Direct Laryngoscopy and Micro-laryngeal surgery

General:

Laryngoscopy and micro-laryngeal surgery are performed to address disorders of the larynx (voice box) and hypopharynx (lowest portion of the throat). These procedures can biopsy, remove or augment abnormal areas in the throat and voice box. Under general anesthesia, a scope is gently inserted into the throat through the mouth. A microscope and long, fine instruments are used to perform the surgery. Laryngoscopy and micro-laryngeal surgery are generally performed on an outpatient basis. If you have medical conditions such as sleep apnea or bleeding disorders, we may request that you spend one night in the hospital for observation. Hospital admission may be required if excess bleeding or swelling are encountered during the procedure.

Diet:

You may have liquids by mouth once you have awakened from anesthesia. Only liquids or soft foods should be taken for the first 1-2 days following surgery. Foods such as soup, noodles, scrambled eggs, oatmeal, yogurt, smoothies, applesauce, mashed potatoes and ice cream are usually well tolerated. Anything that has a hard edge (toast, chips, French bread) or that is difficult to chew (steak) should be avoided during the first few post-operative days, as this will likely cause discomfort with swallowing. After post-operative day number 2, you may swallow any liquid or food that does not cause discomfort.

Pain control:

You are likely to experience a mild to moderate sore throat for several days, depending upon the extent of the surgery. Pain may also be referred to the ears. Don't be alarmed if you experience earaches during the first 1-2 weeks after surgery. The throat and ear pain is usually well controlled with over-the-counter oral pain medications, preferably Tylenol, as this does not interfere with your blood clotting mechanisms.

Activity and Voice Rest:

No strict voice rest is required unless specifically stated by your doctor. Voice use during the first post-operative week should not include shouting or singing. Speak only with your normal voice for usual durations of time. A general rule is to avoid speaking to someone that is further away than a normal conversational distance. No heavy lifting or straining for 1 week following the surgery.

Follow-up appointment:

Your follow up appointment in the office will be 2-3 weeks following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please have a family member or friend contact our office when you arrive home from the hospital.

Please call our office immediately if you experience:

- **Difficulty breathing**
- **Progressive shortness of breath**
- **Inability to swallow**
- **Coughing up or vomiting blood**
- **Fever greater than 101 degrees Fahrenheit**