

## Arizona Sinus Center

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# Post-operative Instructions Following Laryngoscopy and microlaryngeal surgery

### General:

Laryngoscopy and microlaryngeal 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. 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 microlaryngeal surgery are generally performed on an outpatient basis. If you have medical conditions such as sleep apnea or bleeding disorders your surgeon may insist 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 3 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.

### Pain control:

You are likely to experience a mild to moderate sore throat for several days following 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 prescription strength oral pain medications (Vicodin, Tylenol #3,

Ultracet). These narcotic pain medications can cause constipation. If you have not been prescribed a medication for constipation then you should take an over-the-counter laxative or stool softener while you are on the prescribed pain medication.

### **Activity and Voice Rest:**

Voice rest (no talking) is recommended for one week following the surgery unless your surgeon has directed otherwise. If you must use your voice during the first week avoid whispering, shouting and singing. Speak with your normal voice for limited periods of time. 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 surgery center.

## **Please call our office immediately if you experience:**

- \*Difficulty breathing**
- \*Inability to swallow**
- \*Coughing up or vomiting blood**
- \*Fever greater than 101 degrees Fahrenheit**

**Office phone: (602) 258-9859** (an on-call doctor is available at all times)

**If the Dr. does not return your call in 15 minutes, please proceed to your nearest emergency room. Call 911 for severe bleeding or difficulty breathing.**

**Website: [www.arizonasinus.com](http://www.arizonasinus.com)**