

Direct Laryngoscopy with Biopsy

HOME CARE INSTRUCTIONS

- Eat a light meal or just fluids after the surgery to avoid vomiting. You may resume your normal diet the next day.
- Drink plenty of fluids. Dehydration can complicate the healing of the vocal cords and larynx.
- Observe relative voice rest for at least 7 days (no shouting, no speaking over loud noise) This gives the raw tissue in the larynx a chance to begin to heal. Occasionally, if the surgery has been extensive, you might be requested to observe absolute voice rest (basically no speaking for 3-5 days unless it's a safety issue to communicate).
- If you must speak, please do so in a normal tone of voice. This creates less trauma to the vocal cords than whispering or shouting.
- Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.
- Follow up with the doctor as scheduled, but post op visit should be within 1-2 weeks of surgery.
- If you have been prescribed narcotics it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

POSSIBLE SIDE EFFECTS

- It is normal to feel nauseous from the anesthesia.
- It is normal to experience a low-grade fever.
- It is normal to experience a sore throat from the surgery. This is due to pressure that the metal laryngoscope exerts on the tissues. You can also have some temporary tongue discomfort.
- It is normal to experience hoarseness for up to 2-3 weeks. During this time, tissue swelling will decrease gradually and the lining of the vocal cords will regenerate.

CONTACT YOUR PHYSICIAN

- If you have a fever over 101.1°.
- If you experience hemoptysis (coughing up of blood).
- If you are having shortness of breath or external neck swelling.
- If you are having difficulty swallowing or inability to swallow.