

LARYNGOSCOPY
Post Operative Instructions

Nurse Line (8:30am to 5pm) **937-496-0261**
Emergency After Hours Line **937-496-2600**

The Surgery Itself

Laryngoscopy with biopsy or injection involves a brief general anesthesia, typically for less than one hour. Patients may be sedated for several hours after surgery and may remain sleepy for the better part of the day. Nausea and vomiting are occasionally seen, and usually resolve by the evening of surgery - even without additional medications. Almost all patients can go home the day of surgery.

After Surgery

- You will have a sore throat from the metal instruments used to allow a good view of your voice box for 3-5 days after surgery. Some patients may have sores on the tongue or in the mouth. This is normal and you will be given pain medications for this. If you have sores in the mouth, avoid citrus or acidic foods/drinks since they will burn.
- Avoid coughing or frequent throat clearing. Drinking water can help alleviate the urge to clear the throat.
- Avoid any heavy lifting (more than 20 lbs), straining, exercise, or sports activities for 2 weeks after surgery.
- Avoid alcohol, tobacco products, spicy foods, or eating late at night as these may cause heartburn or stomach reflux and may delay the healing process.
- Your voice may be hoarse after surgery from swelling of the vocal cords caused by manipulation.
- You do not have to avoid talking unless your surgeon gives you specific instructions. Use your normal voice since whispering is harder on your vocal cords than talking at a regular volume.
- If your surgeon advises voice rest, you should do the following:
 - You are to have absolute voice rest for 7 days. You may want to purchase a dry erase board to communicate during this time. After that, you may begin to use your voice at a soft spoken level.
 - You should only speak loud enough for people to hear you that are within an arm's length away. Do not yell or whisper. You may increase your voice use by 5 minutes/hour each day after the first 7 days of rest.

Medications

- Pain medication can be used for pain as prescribed. Pain in the throat and the tongue is normal.
- Some patients will be given steroids or acid reducing medications after surgery, take these as directed.
- Take all of your routine medications as prescribed, unless told otherwise by your surgeon. Any medications that thin the blood should be avoided unless approved by your surgeon.
- **IT IS OK TO TAKE OVER THE COUNTER PAIN MEDICATION (IBUPROFEN, NAPROXEN, or ACETAMINOPHEN) IN ADDITION TO YOUR PRESCRIBED MEDICATIONS. DO NOT TAKE ASPIRIN UNLESS CLEARED WITH YOUR SURGEON.**
- Limit Acetaminophen/Tylenol to less than 4,000mg/day
- Limit Ibuprofen/Motrin to less than 3,600mg/day

Final Result

- Following vocal cord injection, the voice may seem “strangled” due to swelling for a few days or weeks. This is normal.
- If you have a biopsy in surgery, you will usually find out the pathology results when you are seen in the office for follow up.
- Many patients benefit from voice therapy after surgery to improve the long term result. Your surgeon will recommend this if you could benefit from it.