



Laryngoscopy With/Without Biopsy

POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. Please do not hesitate to ask any questions that should arise.

INSTRUCTIONS

1. For at least **TWO WEEKS AFTER** the operation, **DO NOT USE** any medicines containing **aspirin** or **ibuprofen, Plavix** or 'NSAID' medications unless approved by your Doctor.
2. Please continue to take any other types of medicines that may have been prescribed for you by your Doctor(s). If you have any questions regarding medicines that you are now taking, please ask.
3. A sore throat is not uncommon after this procedure but is usually not severe and can be controlled reasonably well with medication.
4. For pain or discomfort, please use either Tylenol (acetaminophen) as directed, or any pain medications that your Doctor may prescribe.
5. Start with a soft diet for five days after the surgery and remember to drink plenty of fluids.
6. Avoid fluids or foods that are hot, salty or spicy or that contain citrus juices. Avoid "scratchy" foods (such as chips and pretzels).
7. Cold or cooler liquids or foods are tolerated much more easily. Also, avoid alcohol.
8. **Rest the voice** completely for five days after the surgery unless the Doctor informs you otherwise.
9. After five days, do not shout or whisper – both are very stressful on the vocal cords. Also avoid talking loudly or for an extended period of time.
10. You may cough up a small amount of blood or sputum after this surgery. This is normal and may last a couple of days.
11. Avoid too much coughing or throat clearing. If you continue coughing, please call the Doctor.
12. Take it easy. NO bending, lifting or any type of straining for one week after the surgery.
13. Occasionally, nausea and vomiting occur after this surgery. However, if this continues for greater than a two-hour period of time or vomiting of bright red blood occurs, please call.
14. Please call if fever greater than 102°F develops or if any other concerns develop.
15. Please follow up on _____ at _____ for further post-operative care.