

# MICRO LARYNGOSCOPY

**REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.**

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Elevated temperature is not unusual after laryngeal surgery. If the temperature is measured to be higher than 101.5 F, then please call us. To help keep the temperature down, try to drink as much as possible.
2. Hoarseness and weak voice are usual after laryngeal surgery. It is O.K. to talk quietly, unless the surgeon advises voice rest.
3. Prescriptions to be used postoperatively will usually be given to you at the time of surgery or directly faxed to the pharmacy so they will be ready for you after discharge.
4. No whispering, coughing, or throat clearing. Use a hard swallow or drink some water
5. You must have strict voice rest for 48 hours after surgery. After that, adhere to the following schedule:
  - Use your voice for short periods of time followed by 15 minutes of voice rest.
  - Gradually increase the time you use your voice. Rest your voice often.
  - Follow this schedule after the initial days of complete rest:

The voice you should use **MUST** be delicate, light, and very breathy. Use an easy vocal effort especially during weeks 1 & 2. Use a soft to moderate loudness, but **DO NOT WHISPER**. Use this easy voice primarily during week 1, gradually decrease its use during week 2 and use your normal voice, delicately, during week 3.

6. Monitor your vocal abuses during these weeks; reduce your vocal abuses. Avoid loud talking, excessive talking, yelling, screaming, and throat clearing.
7. Drink at least 8-10 glasses of water per day. Eliminate alcohol. Avoid caffeine. Do not smoke or chew tobacco. Use this time to quit smoking permanently.
8. After a laryngoscopy, it is not unusual to experience altered taste, numbness of the tongue, sore throat, jaw pain, or mild difficulty with swallowing. These symptoms usually go away in a couple of days. If they persist for more than 5 days, call your physician.
9. Call your doctor immediately if you experience shortness of breath, coughing up blood, or if you are unable to swallow.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE**