

MICRO LARYNGOSCOPY

BIOPSY/EXCISION OF THROAT OR VOCAL CORD LESIONS

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. Elevated temperature is not unusual after laryngeal surgery. It is unusual for this to be a sign of infection. Call the office if the temperature is measure to be higher than 101.5 while taking Tylenol. To help keep the temperature down, try to drink as much as possible.
2. Hoarseness and weak voice are common after laryngeal surgery. Throat pain is also common following surgery and will likely be worse when swallowing. This should improve within just a few days and drinking cold fluids should alleviate the pain.
3. You may be given a prescription for an antibiotic and a pain medication. Antibiotics should be taken as directed, pain meds as needed but no more often than the safe dose. Remember that if you are taking prescribed pain medication you should not drive.
4. You should avoid whispering, coughing or throat clearing. Should you feel the need to cough or clear your throat, use a hard swallow or drink water.
5. Avoid aspirin after surgery but also for one week prior to the surgery if possible. Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
6. 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 and rest it 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 and DO NOT WHISPER. Use this easy voice primarily during week 1 and then gradually start to use your normal voice.
7. Monitor your vocal abuses during these weeks and be cautious to reduce your vocal abuses. Avoid loud talking, excessive talking, yelling, screaming and throat clearing.
8. Drink at least 8-10 glasses of water per day. Eliminate alcohol and avoid caffeine for the first week. Do not smoke or chew tobacco. Try to use this time to quit this habit permanently.
9. 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 within a couple of days. If they persist for more than 5 days, call your physician.
10. Call your doctor immediately if you experience shortness of breath, are coughing up blood or if you are unable to swallow.
11. Your time out of work will depend on your particular employment. This should be discussed with your surgeon ahead of surgery.
12. You will have a postoperative appointment scheduled for you, which will be 7-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

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

