

Direct Laryngoscopy

POST-OP INSTRUCTIONS

EAR, NOSE & THROAT
CONSULTANTS



PAIN: You will likely have a sore throat that may last up to several days or even a week. Take prescribed pain medication as directed. Transition to acetaminophen and ibuprofen as tolerated. While you are taking prescription pain medication, you may be prone to constipation. Colace 100mg twice a day or 1 cap full of Miralax daily are advised (both of these are available over the counter).



ACTIVITY: There are no activity restrictions after this procedure. You are advised to return to normal activities slowly. If you find that breathing is difficult or worse than before your procedure, please call the office to be evaluated.



VOICE: You may be hoarse after surgery. The severity and length of hoarseness largely depends on exactly what was done during surgery and will vary greatly. You can talk in a normal voice, unless otherwise directed by your surgeon. Whispering is harder on your vocal cords and is discouraged. You may need to cough to clear your throat – try to minimize this by taking a drink of water or swallowing to clear your throat. You may use throat lozenges or cough drops as needed. You may notice small amounts of blood with coughing. This is expected and should be minimal.



PATHOLOGY: Any tissue removed will be tested and reviewed by a pathologist. We may call with the results or discuss your final results at your follow up appointment.



DIET: There are no restrictions in diet after his procedure. You may find that you have a harder time swallowing or can feel your swallowing more the first few days after surgery. This is expected. To minimize this, take a drink after each bite, completely chew your food prior to swallowing and eat slowly.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.