DIRECT LARYNGOSCOPY/MICROLARYNGOSCOPY (WITH OR WITHOUT LASER AND BIOPSY OF VOCAL CORD LESIONS):
Post-operative Instructions

Diet:
Because some individuals occasionally experience nausea and vomiting after general anesthesia, you may want to eat a bland after the operation. A soft and cool diet may be best, as you may have a mild sore throat or tongue from the pressure exerted on these areas by the metal laryngoscope. You may resume your normal diet the day after surgery.

Activity/Work:
You will be asked to rest the voice for the week following surgery. This allows the vocal cords time to begin healing and avoids further trauma to the area. We ask that you do not speak at all during that time period unless absolutely necessary. If you must speak, then do so in a relaxed whisper without straining the voice. Do not shout. You may return to your normal activities and work schedule the day after surgery, provided that your duties at work allow you to follow the required strict voice rest.

Medications:
There usually is very little discomfort associated with this procedure. However, you may be prescribed Viscous Lidocaine which is a medication that you may swish in the mouth and swallow for pain control. Please take this as directed. Prescriptions will be sent to your pharmacy on file 1 week prior to your surgery. Please check with the pharmacy to see that it has been filled. If it is not there, please call the office as soon as possible.

General Information:
PLEASE DO NOT SMOKE.
Avoid excessive coughing or throat clearing as these, along with smoking, can be especially damaging to the vocal cords during the post-operative healing process. Hoarseness may last 2 to 3 weeks. During this time period, the swelling will gradually decrease, and the lining of the vocal cords will regenerate. It is therefore important that you avoid straining the voice during that time.

Follow-up:
Please keep the post-operative appointment that was made for you. If you have any questions or concerns, please call our office at (413) 448-8291.