



## LARYNGOSCOPY

### What to Expect

The procedure involves the use of microscopes and other fine instruments to diagnose and correct voice box surgery. The surgery will require you to go under a brief general anesthesia (less than one hour). You can expect to go home about 1-2 hours after surgery when all is well. It is sometimes necessary to keep a patient overnight for medications and observations, but if this is applicable to you, you will be notified of this when you schedule surgery.

### Before Surgery

Discontinue smoking if you smoke (if at all possible). If our office has given you any preoperative medications, please do not forget to take them. Other medications prescribed by other physicians can generally be taken through the day of surgery. Your internist may need to adjust blood thinners, lung, heart, and diabetic medications. Please check with the office if there is any need for medication adjustments.

### After Surgery

Most people experience some throat discomfort but not severe pain. Pain medications are usually not necessary, other than Motrin or Tylenol. The sensation of excessive phlegm, the need to clear the throat, ear discomfort, and extra effort during swallowing may be present for a few days to weeks after surgery, but these sensations are usually gone quickly.

#### 1. Voice Use:

Your voice may fluctuate immediately following surgery and may often sound worse. The following recommendations are made to encourage optimal healing of vocal fold tissues after surgery to minimize scarring.

- Attempt voice rest for the first 3 days following surgery, speaking less than 300 words as a goal.
- Do not whisper.

#### 2. Eating and Drinking:

- You may eat and drink as tolerated.
- Soft foods will be better tolerated as the throat may be uncomfortable, but a normal diet will not be harmful to you.
- Avoid foods that aggravate reflux or heartburn. These foods include spicy, fried, fatty, and tomato-based foods. Minimize the intake of caffeine and alcohol.
- Try to avoid eating less than 2-3 hours before you lie down to go to bed.

#### 3. Follow-up appointment:

Your follow-up appointment will be approximately 2-3 weeks following your surgery.

**Please contact our office at 478-743-8953 if you have any questions or concerns.**