

## ENT ASSOCIATES

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### POSTOPERATIVE DIRECT LARYNGOSCOPY/ESOPHAGOSCOPY

#### DIET

You may experience a sore throat or a sore tongue from the operation. This is due to the pressure that the metal laryngoscope exerts on the tissues. Because some patients suffer from nausea or occasionally vomit after general anesthesia, it is always a good idea to eat a light meal or just liquids after the operation. You may resume your normal diet the next day. Please drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.

#### ACTIVITY

- Relative voice rest. Please observe relative voice rest for at least 7 days. This gives the raw tissue in the larynx a chance to begin to heal. Keep in mind that straining to whisper loudly is often more traumatic than a soft voice.
- Absolute voice rest. Talk only when absolutely necessary for at least 7 days. Keep in mind that straining to whisper loudly is often more traumatic than a soft voice.
- Hoarseness may last up to 2-3 weeks. During this time, tissue swelling will gradually decrease and the lining of the vocal cords will regenerate.
- Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.
- **NO SMOKING!!** This is very damaging to normal vocal cord tissue. After this procedure, it causes even more injury.

#### MEDICATIONS

Usually, antibiotics and pain medications are not needed for this procedure. If antibiotics or pain medications are prescribed, please take them as directed. If not, you may use Tylenol or Ibuprofen for pain.

#### BIOPSY RESULTS

We will call you within 5-7 days with the results of your biopsy, if one was taken. If you have not heard from us by 7 days, please call and request your results.

#### FOLLOW-UP

Please make a follow-up appointment to be seen in \_\_\_\_\_ by calling the office at the phone number above.

**Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant.**

**JEFFREY C. NAU, MD**