

# Concord Otolaryngology

Head & Neck Surgery P.A.

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## Post-Operative Direct / Microlaryngoscopy with or without biopsy/excision with Esophagoscopy Instructions

**Background Information:** *The purpose of a laryngoscopy /esophagoscopy is to visualize the trachea (windpipe) , the vocal cords and the esophagus. The surgery may involve a biopsy which is the removal of a small sample of tissue from the area of concern or perhaps the excision of an existing growth or mass. The surgery is an outpatient procedure under general anesthesia.*

### **Common Postoperative Expectations:**

1. *Mild to moderate sore throat*
2. *Hoarseness*
3. *Temporary uvula swelling*
4. *Low grade fever*

### **Postoperative instructions**

1. *Voice rest as directed by the physician (if an excision of a vocal cord mass/nodule was performed refrain from talking or whispering for 72 hours)*
2. *No smoking*
3. *Avoid throat clearing as much as possible*
4. *Drink plenty of fluids: Start with clear noncarbonated or acidic fluids. You may progress to a soft bland diet as tolerated provided there is no postoperative nausea or vomiting.*
5. *Take medications as prescribed*

**Call the office @ 603-224-2353 if you experience any of the following:**

1. *Difficulty breathing*
2. *Persistent vomiting*
3. *Persistent bleeding ( Brisk bright red bleeding call 911 or proceed to the ER)*
4. *Pain not controlled by medication*
5. *Fever greater than 101 despite the use of Tylenol*