

## **POST OPERATIVE INSTRUCTIONS FOR LARYNGOSCOPY PATIENTS**

1. Rest your voice! Avoid singing, shouting or whispering. When you must speak, use an easy, relaxed voice, even if it sounds hoarse.
2. No smoking! Smoking not only delays healing, it also creates inflammation and increases chances for improper healing.
3. Start with a soft diet. Often a cool diet will ease sore swallowing. You may have a sore throat for a week or more.
4. Keep a humidifier, warm or cool mist, in the bedroom after surgery.
5. Alcohol should be kept to a minimum and preferably avoided.
6. Avoid constant throat clearing.
7. The voice will usually start out very hoarse. In general, you will have modest improvement within one month, but don't expect a final result for three to four months.
8. Call if persistent cough or fever occurs.
9. Call if you experience any difficulty with breathing or bleeding.
10. Pain medication: Avoid aspirin or medication containing aspirin (Bayer, Bufferin, Anacin, Excedrin, Midol or Alka Seltzer). Also avoid nonsteroidal medications ( Advil, Motrin, Naprosyn, etc.) If you have pain or fever, take Tylenol as prescribed.