

POST-OP INSTRUCTIONS

LARYNGOSCOPY

DIET

- Soft diet the day of surgery, then resume a regular diet.

GENERAL INSTRUCTIONS

- Voice rest may be necessary after your procedure. The physician will advise if voice restrictions or rest is necessary.
- Small amounts/specks of blood in sputum is normal for 2 – 3 days.
- Hoarseness may last for 2 – 3 weeks during healing. Staying hydrated and using a humidifier can help the healing process.
- If you must speak use a normal tone of voice. Whispering or shouting will increase trauma to the vocal cords.
- Call the office to make post-op appointment.

MEDICATIONS

- A prescription for pain medication may be prescribed.
- For minor discomfort, you may take over-the-counter pain medication, such as Ibuprofen or Tylenol (Acetaminophen). Norco and Percocet contain Acetaminophen, do not take additional Acetaminophen while taking those medications.

ACTIVITY

- Rest for the day of surgery, then normal activity starting the day after surgery.
- No driving if taking narcotic pain medication.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Persistent or abnormal bleeding.
- Difficulty breathing.
- Persistent fever greater than 101°.
- Persistent vomiting.

Please contact our office with any additional questions.

Mid-Kansas Ear, Nose, & Throat Associates

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