



# Direct Laryngoscopy

## Post-Op Instructions



**PAIN:** You will likely have a sore throat that may last up to several days or even a week. Transition to acetaminophen and ibuprofen as tolerated. If you are taking prescription pain medication, you may be prone to constipation. 100mg of Colace, twice a day, or one full cap of Miralax per day, is advised (both of these are available over-the-counter).



**VOICE:** Your surgeon may recommend a period of complete voice rest, which could last from 24 hours to 3 days. You may be hoarse after surgery. The severity and length of hoarseness largely depend on exactly what was done during surgery and will vary greatly. You can talk in a normal voice, unless otherwise directed by your surgeon. Whispering is harder on your vocal cords and is discouraged. You may need to cough to clear your throat—try to minimize this by taking a drink of water or swallowing to clear your throat. You may use throat lozenges or cough drops as needed. You may notice small amounts of blood with coughing. This is expected and should be minimal.



**DIET:** There are no restrictions on diet after this procedure. You may find that you have a harder time swallowing or can feel you're swallowing more the first few days after surgery. This is expected. To minimize this, take a drink after each bite, completely chew your food prior to swallowing and eat slowly.



**ACTIVITY:** There are no activity restrictions after this procedure. You are advised to return to normal activities slowly. If you find that breathing is difficult or worse than before your procedure, please call the office to be evaluated.



**PATHOLOGY:** Any tissue removed will be tested and reviewed by a pathologist. We may call with the results or discuss your final results at your follow-up appointment.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.