

Laryngoscopy with Removal of Laryngeal Lesions



The following instructions are designed to help you recover from microlaryngoscopy as easily as possible. Taking care of yourself can prevent complications. It is very important that you read this sheet often and follow the instructions carefully while you are at home. We are always happy to answer any questions.

Diet:

For the first 24 hours following surgery you should eat only soft foods. Avoid foods that are fried, spicy, or scratchy to your throat.

If it is too uncomfortable for you to swallow even soft foods on the first day, you should drink only liquids. On the day following surgery you may then advance to more solid foods. By the second day after surgery you should be able to begin eating soft foods.

Fluid Intake:

It is very important that you drink plenty of fluids following this procedure. The laser as well as general anesthesia has a tendency to dry out the tissues in the area surrounding the surgery. Drinking fluids helps to lubricate these tissues. You should drink at least 8 large glasses of water a day.

Activity:

You may resume your former physical activities when you feel up to it. Do not return to work if use of your voice is required and you have instructions to rest it. Do not drive or work while taking narcotic pain medication.

Precautions:

1. You must rest your voice for the first two to fourteen days after surgery unless your doctor gives you other instructions. Your doctor will probably recommend that you do not talk on the phone for at least two weeks after surgery. Avoid whispering which is especially hard on your vocal cords, even worse than yelling or shouting. Please check with your doctor to find out how long he wants you to rest your voice after surgery.
2. When you speak, drink a few sips of water first. This will ease some of the strain on your vocal cords.
3. Do not smoke for several days (preferably 21 days) after surgery. Smoking irritates the throat and may delay healing of your surgical area. Ideally you should stop smoking altogether. Use this period after surgery as the start of your “stop smoking” campaign.
4. Do not drink alcohol, coffee, or any other caffeinated beverages for several days (preferably 21 days) after surgery. These beverages also irritate the throat, delay healing, and cause the mucus to become very thick.

Throat Discomfort:

If you have pain or discomfort in your throat after surgery, you may take Extra-Strength Tylenol and/or Robitussin cough medicine or a prescription your doctor gives you.

You may also find that warm soup relieves your sore throat.

Return Appointment:

You will have a follow-up appointment with your doctor approximately two to three weeks after your surgery. This appointment is usually made before you leave the hospital. However, if for some reason the appointment is not made, or if you find that you need to change it, please call us at the number shown below.

When to Call the Doctor:

- If you have any difficulty breathing,
- A severe sore throat that is not relieved by the Extra-Strength Tylenol or other pain medicine prescribed for you,
- Difficulty swallowing that gets worse instead of better,
- A temperature that stays over 101 degrees, even though you drink more fluids.

For Questions or Emergency Care:

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.