

## DIRECT LARYNGOSCOPY PATIENT INSTRUCTIONS

1. **VOICE USAGE:** Complete voice rest is recommended for 7 days after surgery. With your doctor's permission: speaking 2-3 words a few times throughout the day may be allowed. **For one full month** no prolonged conversations or voice straining. Avoid whispering, yelling, or singing at all times. Use a note pad to communicate.
2. **DIET:** Cool soft foods progressing to regular diet is recommended as tolerated.
3. **FEVER:** Fever is uncommon after surgery. If the fever is above 101.5°F, or if any severe bleeding occurs, contact the physician. It is normal to cough up some blood-tinged mucus after vocal cord surgery.
4. **PAIN:** A mild to moderate sore throat is expected. Antibiotics and/or pain medication as well as steroids may be prescribed. Use the medications as directed. If the pain does not respond to the medication, contact the doctor.
5. **POSTOPERATIVE VISIT:** Usually a visit is scheduled one to two week after surgery, but do not hesitate to call the office with any questions or concerns.
6. **SPEECH THERAPY:** Often your doctor may already have arranged speech therapy before and after your surgery. If this is the case, it is important to follow instructions given by the speech therapist.

### COMPLICATIONS:

- Sore lips or gums may occur due to the equipment used. Very rarely teeth may be loosened or chipped.
- Hoarseness is expected after surgery. It usually resolves but, due to scarring, it may be permanent.
- A tear may occur in the lining of the throat. Most times this is minor and may lead to some pain. Rarely the tear is severe; leading to air or saliva leaking into the neck. Inform your surgeon if you develop severe pain, fever or racing heart after surgery.
- Rarely, there may be swelling of the vocal cords requiring the breathing tube to stay in your throat overnight.