

Direct Laryngoscopy with Biopsy

HOME CARE INSTRUCTIONS

- Eat a light meal or just fluids after the surgery to avoid vomiting. You may resume your normal diet the next day.
- Drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.
- Observe relative voice rest for at least 7 days. This gives the raw tissue in the larynx a chance to begin to heal. Occasionally, if the surgery has been extensive, you might be requested to observe absolute voice rest.
- If you must speak, please do so in a normal tone of voice. This creates less trauma to the vocal cords than whispering or shouting.
- Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.
- Follow up with the doctor 1 week after your operation.

POSSIBLE SIDE EFFECTS

- It is normal to feel nauseous from the anesthesia.
- It is normal to experience a low-grade fever.
- It is normal to experience a sore throat from the surgery. This is due to pressure that the metal laryngoscope exerts on the tissues.
- It is normal to experience hoarseness for up to 2-3 weeks. During this time, tissue swelling will decrease gradually and the lining of the vocal cords will regenerate.

CONTACT YOUR PHYSICIAN

- If you have a fever over 101.1°
- If you experience hemoptysis (coughing up of blood)
- If you are having shortness of breath
- If you are having difficulty swallowing