



Post-Operative Instructions for Laryngoscopy

1. Your physician will advise you when to schedule your follow up appointment after your surgery.
2. **Diet:** Start with liquids and progress to easily digested foods, such as soup. Solid food may be slowly added to your diet if you are comfortable after taking liquids.
3. **Activity:** We encourage rest and quiet activities for the first 2-3 days. Your physician will advise you on how long you should maintain voice rest. It is normal to have a change in your voice after this procedure which will last for an indeterminate amount of time.
4. **Bleeding:** You should only experience a minimal amount of blood tinged sputum. If more bleeding than this occurs, please notify your surgeon.
5. **Pain:** You should only experience a minimal amount of pain. If swallowing becomes difficult or painful, please notify your surgeon. A prescription for pain medication will be given; take as directed. If you do not need the prescribed medication and want to take an over-the-counter medication, only take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your medication providing you wait 4-6 hours between doses.
6. **Breathing:** If you experience any difficulty breathing, please notify your surgeon.

PLEASE DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR PROBLEMS. 410-760-8840