

# EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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[www.entc.com](http://www.entc.com)

DIRECT LARYNGOSCOPY  
SUSPENSION MICRO LARYNGOSCOPY  
WITH BIOPSY, REMOVAL OF POLYPS, NODULES OR STRIPPING WITH OR WITHOUT LASER

## **POST OPERATIVE INSTRUCTIONS**

**PLEASE DO NOT SMOKE.**

### **DIET**

You may experience some sore throat or a sore tongue from the operation. This is due to the pressure that the metal laryngoscope exerts on the tissues. Because some patients suffer from nausea or occasionally vomit after general anesthesia, it is always a good idea to eat a light meal or just liquids after the operation. You may resume your normal diet the next day. Please drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.

### **VOICE REST**

1. Please observe relative voice rest for at least seven 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.
2. Hoarseness may last up to 2-3 weeks. During this time, tissue swelling will gradually decrease, and the lining of the vocal cord will regenerate.
3. 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.
4. 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.

### **MEDICATIONS**

Usually, antibiotics and pain medications are not needed for procedure. If antibiotics or painkillers are prescribed, please take them as directed.

### **FOLLOW-UP**

It usually takes 24 to 48 hours for the laboratory to process the biopsy and give us a result. However, occasionally, it will take longer. We know that you are waiting impatiently for the results. We will do our best to obtain the pathology report as soon as possible and we will call you to inform you of the result. You will be informed if further therapy is required. Occasionally, procedures are staged so that abnormal scar tissue will not form. Please make an appointment for follow-up in two weeks at 702-792-6700.

Please note the following:

We are unable to refill your medications on weekends or after hours.

For prescription refills, please call during office hours.