

## Laryngoscopy/Microlaryngoscopy Post Operative Instructions

- What to expect:** You may feel tired today and may experience a sore throat, sore tongue, hoarse voice and possible jaw pain. The hoarse voice could last for 2-3 weeks.
- Activity:** Limit activities on the day of surgery. Normal activities may be resumed including work or school the day after surgery. Rest if you feel tired. Rest your voice for one week. If you must speak, do so in a normal voice rather than whispering or shouting. Avoid excessive coughing or clearing the throat.
- Diet:** Eat lightly for the first meal then increase as tolerated. If nausea or vomiting occurs, have clear liquids until nausea subsides.
- Pain:** Acetaminophen (Tylenol) may be taken for relief of discomfort. If prescribed a pain medication take as directed by your physician.
- Call the Doctor:**
- For difficulty breathing or swallowing
  - Severe Pain
  - Fever over 100°
  - Coughing up blood
  - Any other serious concerns
- Follow Up:** Call for a follow up appointment at **401-885-8484**.