



## **LARYNGOSCOPY/ ESOPHAGOSCOPY POST-OPERATIVE INSTRUCTIONS**

### **POST-OPERATIVE CARE**

You may have a mild sore throat for 2-3 days after the procedure. After the procedure, you can use Cepacol throat lozenges or sprays to help numb the throat and make eating more comfortable. A humidifier can also be used to keep the throat moist.

### **MEDICATIONS**

Mild pain is to be expected for a couple days after your surgery and sometimes it radiates to your neck or ears. Don't be alarmed if you experience earaches during the first 1-2 weeks after surgery. You can manage this with over the counter Tylenol as typically you do not need a prescribed medication to manage your pain.

### **ACTIVITY**

Rest with limited activity at home for 24-48 hours. Avoid lifting, straining, or vigorous activities. No smoking.

### **DIET**

A clear liquid diet is advised for the first 12 hours after surgery. Then, it is best to start with soft foods that are easy to swallow. These would include mashed potatoes, soup, scrambled eggs, milk shakes, yogurt, oatmeal, etc. You can slowly advance to a regular diet as tolerated.

### **GENERAL ANESTHESIA**

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

### **WORK**

Most patients plan to take a couple days off of work to recover. Every patient is different and some return to work sooner pending the extent of your surgery, your recovery experience and the nature of your work.

### **TRAVEL**

No airplane travel for 1 week following your surgery.

### **CALL OUR OFFICE (760) 479-2100**

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, profuse bleeding or coughing up bright red blood.

### **FOLLOW UP APPOINTMENTS**

You will have a post-operative appointment 4-6 weeks following your surgery. This appointment should already be scheduled for you by our surgery scheduler. You will be called with results of any biopsies taken during the procedure. If you do not hear from our office within one week, you must call to get your results.