



Laryngoscopy with or without Biopsy: Post-Operative Care and Instructions

Laryngoscopy is the name of the surgical procedure in which your surgeon will closely inspect the larynx, and possibly biopsy (remove pieces of the tissue for testing). This is typically performed under general anesthesia, so that you don't feel discomfort when the procedure is being performed, and also so you don't cough or gag during the procedure, which allows for much more precision during the inspection and tissue removal. Usually, the surgery is done as an outpatient, meaning you can go home a few hours after the surgery is completed.

DIET: Do not eat or drink anything for about 2 hours after a laryngoscopy or until you are able to swallow without gagging, coughing, or choking. You can then start with sips of water and slowly progress to eat a normal diet.

Most patients experience some sore throat and/or a sore tongue from the operation. This is due to the pressure that the instruments exert on the tissues and from the breathing tube that the anesthesiologist has placed. 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 absolute voice rest for at least seven days. This gives the raw tissue in the larynx a chance to begin to heal.
2. Hoarseness may last up to 2 to 3 weeks. During this time, tissue swelling will gradually decrease and the lining of the vocal cords will heal. Hoarseness can persist depending on the type of lesion you had on your vocal cords. Your doctor will discuss this with you.
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.
5. **DO NOT SMOKE**

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

FOLLOW UP: It usually takes up to 5-7 days for the laboratory to process the biopsy and give us a result. We know that you are waiting for the results and we will do our best to obtain the pathology report as soon as possible. If your postoperative visit is scheduled with the doctor 7-10 days following your surgery, your results will be given to you at that time. If your postoperative visit is greater than 10 days from the date of your surgery, we will call you to advise you of the results. If you do not hear from our office by the end of the seventh day following your surgery, please call us. You will be informed if further therapy is required. Occasionally, procedures are staged so that abnormal scar tissue will not form.