

Direct Laryngoscopy

Examination of the Throat and Voice Box, with Biopsies if Needed

What to Expect

- A sore throat for a few days after the procedure.
- Mild soreness of the lips, gums, or tongue, and sometimes temporary tongue numbness, from the scope used during the procedure.
- Mild hoarseness or voice changes. This is usually temporary.
- Some discomfort with swallowing at first.
- If biopsies were taken, the results are reviewed at your follow-up visit.

What to Do

- Eat a soft diet for several days after the procedure, then advance as tolerated.
- Stay well hydrated.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve, taken per the instructions on the bottle.
- Most patients can return to work or school within 24 to 48 hours.

What Not to Do

- Avoid excessive coughing and throat clearing.
- Do not smoke.

When to Call or See the Doctor

- Difficulty breathing: call 911 or go to the nearest emergency room.
- If your esophagus (food pipe) was also examined: chest pain, severe pain with swallowing, or fever are emergencies. Go to the nearest emergency room.
- Persistent fever over 101° F.
- Coughing or vomiting up blood beyond light streaks.
- Worsening, severe throat pain.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830 **Dripping Springs** 512-339-4040