After Your Surgery

Direct Laryngoscopy

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

CAPITAL ENT & SINUS CENTER

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. Hoarseness from the breathing tube usually improves within a few days. If something was removed from a vocal fold, your surgeon will tell you what to expect.
- Some discomfort with swallowing at first.
- If biopsies were taken, the results are reviewed at your follow-up visit.

What to Do

- Wait until you are fully awake and any numbness in your throat has worn off before eating or drinking.
- Eat a soft diet for 2 to 3 days, or until swallowing is comfortable, then advance as tolerated.
- Stay well hydrated: aim for about 60 oz (7 to 8 cups) of fluid a day unless told to limit fluids.
- Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless your surgeon said not to or you have an ulcer or kidney disease.
- Most patients can return to work or school within 24 to 48 hours.

What Not to Do

- For 24 hours after anesthesia: no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- Avoid excessive coughing and throat clearing.
- No smoking or vaping until your surgeon confirms you have healed.

When to Call or See the Doctor

- Difficulty breathing, noisy or high-pitched breathing, or coughing or vomiting up a lot of blood: 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.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after the procedure, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Hoarseness that is not clearly better after 1 week (if nothing was removed from a vocal fold), or any hoarseness that is getting worse.
- Coughing or vomiting up blood beyond light streaks.
- Worsening, severe throat pain.
- Dehydration signs: no pee in 8 hours, dark pee, dry mouth, dizziness or unusual sleepiness. Call the same day, or if pain keeps you from drinking.

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

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