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POSTOPERATIVE INSTRUCTIONS FOR LARYNGOSCOPY / ESOPHAGOSCOPY

The following guidelines should help you during the first week after examination of your voice box and related structures. Although individual responses vary following any operation, you can expect to return to normal in about one to two (1-2) weeks.

ACTIVITY: Rest and stay quiet the day of surgery. Rest your voice as much as possible in the first week after surgery. No yelling or whispering. Humidification is also quite helpful. Try not to cough hard or clear your throat excessively. Do not drive or operate dangerous equipment the day of surgery or while taking pain medication, if prescribed.

DIET: After discharge from the hospital or surgery center, adequate fluids are essential and may be given in almost any form such as water, juice, jello or popsicles. **Encourage** fluids for at least ten (10) days. Drinking citrus fruit juices, carbonated drinks, pineapple and tomato juice may sting due to the acid, and should be **discouraged**. Soft foods are tolerated best at first and should be encouraged. Highly seasoned or very scratchy food should be avoided. Normal diet can be advanced as tolerated. Following guidelines for acid reflux may be helpful.

PAIN: Pain and discomfort varies with each patient after surgery. In most instances, Tylenol will be sufficient.

BLEEDING: This should be minimal to nonexistent. Call the office if excessive bleeding is noted. See contact information below.

FEVER: Very slight elevations of temperature during the first few days are usual. If the temperature is above 101.5 degrees, please contact us. See contact information below.

VOMITING: Nausea and vomiting may occur following anesthesia and usually clears after the first day. If persistent nausea and vomiting occurs after the first day at home, please contact us. See contact information below.

DIFFICULTY SWALLOWING: Due to the nature of this procedure, there will be some discomfort with swallowing. Call the office if the discomfort is excessive. See contact information below.

MEDICATIONS: Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen. If you have been prescribed an antibiotic take as directed. You may resume any other medications that you use regularly. If taking pain medications, avoid drinking alcohol or other dangerous situations. Over the counter medications that reduce acid reflux such as Pepcid Complete are suggested even if you don't experience heartburn.

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DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICATIONS FOR AT LEAST ONE (1) WEEK AFTER SURGERY.

FOLLOW-UP VISIT TO THE OFFICE: If a postoperative appointment has not been made for you, please call the office the day after surgery to arrange an appointment within one to two (1-2) weeks following the surgery. Please discuss the results of biopsies taken to your fullest satisfaction at the post op visit.

PROBLEMS AND QUESTIONS: For any problems that arise, or to ask any questions, please call the office during regular business hours at (772) 398-9911, (772) 464-6055, (863) 357-7791 or contact the Answering Service after hours by dialing (772) 320-0400. Drs. Berghash, Lanza, Wright or Zeiders are on call after hours and weekends for emergencies.