



Carolina Ear, Nose & Throat Head and Neck Surgery Center

POSTOPERATIVE INSTRUCTIONS FOR THE LARYNGOSCOPY PATIENT

Talking The patient should practice voice rest for one full week following surgery with no talking for 24 hours. Whispering is worse than talking. If the patient must talk, they should do so in a relaxed tone of voice, no straining. Talking too soon may cause formation of a callous, which could make hoarseness last longer. Using a “Magic Slate” for communication is helpful during this time.

Diet Large amounts of liquids should be consumed during the postoperative period. Avoid harsh foods. Soft foods will be better tolerated, as the throat will be uncomfortable.

Pain Plain Tylenol is usually sufficient to control discomfort. If not, narcotic pain medicine will be prescribed. Aspirin or non-steroidal anti-inflammatory medicine should be avoided for two weeks following surgery. A cool moisture vaporizer placed on the bedside table will help alleviate throat discomfort.

Activity The patient should avoid vigorous activity such as exercise or heavy lifting for one week following the surgery.

Problems Any unusual pain in the throat, nasal or oral bleeding, cough, or fever over 101 should be reported to the physician immediately.

ALL LOCATIONS AND AFTERHOURS CALL (828) 322-2183 OR (704) 748-6712

**IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR
SURGEON DURING AN EMERGENCY, PLEASE GO TO THE
NEAREST EMERGENCY ROOM IMMEDIATELY.**

Hickory

Denver/Lake Norman

Lincolnton

Mooresville