

Laryngoscopy

Comfort Measures:

- You may experience a sore throat for a few days following surgery. Pain is also sometimes referred to the ears.
- **Rest your voice!** It is important to allow the inflammation of the vocal cords to resolve. This means no talking, whispering, or clearing your throat. When you are allowed to speak, drink a few sips of water first.
- Do not smoke. The smoke is very irritating to the already inflamed throat. (Smoking also greatly increases your chances of developing cancer.)
- Take pain medication as prescribed or you may use Tylenol to help relieve discomfort. Do not take aspirin or any of the non-steroidal anti-inflammatory pain relievers.

Diet

- Begin with a liquid diet. Progress to soft foods as comfort allows.

Activity:

- Rest the first 24 hours, then you may resume your usual activities as tolerated. Avoid any lifting, straining or bending over at the waist until your physician clears you.

Notify your physician for any of the following:

1. Difficulty breathing or shortness of breath
2. Fever 101 degrees or higher
3. Difficulty swallowing that worsens instead of improving
4. Inability to take adequate fluids by mouth or persistent nausea or vomiting.