



## **Ear Center: Postoperative Instructions for Laryngoscopy, Bronchoscopy, or Esophagoscopy Operations**

**Phone: 336-273-9932**

**Website: [www.earcentergreensboro.com/](http://www.earcentergreensboro.com/)**

**Activity:** Restrict activity at home for the first two days. Please rest as much as possible. Light activity is best. You may usually return to work or school within one or two days. If you have had a procedure involving your vocal cords, you should refrain from using your voice as much as possible for the next week. If you need to talk, do so in a normal tone, do not whisper or raise your voice. Do not sing, teach, cheer, shout, or speak to a large group.

**Discomfort:** You may experience a sore throat and hoarseness. These symptoms may be worse during the first few days after the operation but may last for as long as 7 to 10 days. Please take either Tylenol® or the pain medication that has been prescribed for you. Do not take aspirin or aspirin containing medications because they may cause bleeding.

**Diet:** Due to tissue swelling and throat discomfort, you may have little desire to drink for several days. However, fluids are very important to prevent dehydration. You should drink at least four to six 8oz. glasses of fluid after your operation. You may advance to normal foods as the discomfort subsides.

**Bleeding:** You may cough up some bloody secretions for one or two days following your operation. Please call our office at (336) 273-9932 or go to the nearest hospital emergency room if you experience any of the following: heavy, bright red blood from your nose or mouth that lasts longer than 10 minutes or coughing up or vomiting bright red blood or blood clots.

### **GENERAL CONSIDERATIONS**

1. Please keep all of your postoperative appointments. The initial visit is usually seven days after the operation. During this visit, your mouth, neck, and vocal cords will be examined.
2. Your doctor will discuss with you the findings of your operation and the final pathology report of any tissue samples (biopsies) that may have been taken during your operation.
3. You should follow all directions, take your medications as prescribed, and call our office at (336) 273-9932 with any problems or questions related to your procedure.

4. You may be more comfortable sleeping with your head elevated on two pillows (30 degrees) or sleeping in a recliner for several evenings after your procedure.
5. Do not take any medications that have not been prescribed or recommended by your doctor.
6. Remain well hydrated. Please drink at least four to six 8 oz. glasses of liquid each day for the next week.
7. Do not smoke cigarettes or cigars, chew tobacco, or use any tobacco products.

**WARNING SIGNS: If any of the following should occur, please call our office at (336) 273-9932:**

1. Bright red bleeding that lasts more than 10 minutes.
2. Persistent fever greater than 102 F.
3. Persistent vomiting or vomiting any blood.
4. Severe or constant throat or chest pain that is not relieved by prescribed pain medication(s).
5. Difficulty breathing, shortness of breath or chest pain.
6. Severe pain or difficulty swallowing; severe back or chest pain.
7. Rash, fever or unusual side effects from any medication(s).

If a follow-up postoperative appointment has not been scheduled for you, please contact our office at 336-273-9932 to make an appointment.

**If you have any additional questions or concerns, please call us at 336-273-9932.**

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