



Microlaryngoscopy

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from Microlaryngoscopy varies greatly between patients depending on the specific indication, which locations inside your voice box may have been abnormal, or which location(s) have been biopsied. You should have someone at home with you for the first night after the surgery. If this is not possible please discuss this with me.

It is normal to have:

- a sore throat for about 1 week.
- minor amounts of blood streaking in your phlegm for a day or two.
- a bruised feeling in your upper gums for patients who wear an upper denture.

Time Off

You will typically need from 2 to 7 days off work. I advise no exercise/exertion during this period. *Please ask for a certificate if needed.*

Voice Rest:

- 3 days absolute voice rest. If you must speak please just use your normal voice, but use it sparingly. Whispering is *not* better for your voice and can result in learning bad patterns of vocalising.
- 1 week relative voice rest. Use your normal voice but do not talk loudly or for prolonged periods.
- Return to normal voice use on day 8. The voice is controlled by muscles - if you don't use them they will weaken.

Diet

It is important to stay well hydrated - I recommend three extra glasses of water per day. Parts of your throat will be numb for a few hours after surgery though so take things slowly initially - If you rush, food or fluid may 'go down the wrong way'.

Post Op Medications

Prescriptions will be individualised according to other health issues, age, weight and any allergies. The key is to

take regular pain relief even if you feel ok to avoid severe pain occurring.

My typical prescription is for:

- 1) Regular Paracetamol 4 times daily for 5 days
- 2) I may prescribe an anti-inflammatory such as ibuprofen or celecoxib, or rarely an opiate medication such as endone.
- 3) Acid reducing medication (PPI) such as somac will be prescribed in most instances to reduce the chance of any minor acid reflux into the Larynx (LPR) complicating healing.
- 4) Steam inhalations can be very soothing to the larynx three times a daily or more. Try adding some camomile tea for fragrance but avoid menthol as it has a drying effect.

Post Op Problems

Bleeding A few small specks/streaks in the saliva can be managed at home by sucking on ice.

Breathing Difficulties

After a biopsy there can be some temporary swelling inside the throat. If you develop noisy breathing or difficulty getting air in and out you should call an ambulance. I try to anticipate if this may happen and if I'm at all concerned I will keep you in hospital overnight after your procedure, and or prescribe steroid medication. Rarely patients can require a tracheostomy tube to be inserted (which would usually be a temporary measure).

If you need hep...

- 1) In hours call me via my office 52218490.
- 2) After hours call me on my mobile 0425746617. If concerned I may direct you to attend the SJOG Emergency dept (now open 24hrs).
- 3) If you are unable to get in contact with me please attend the Geelong Hospital Emergency Department as there is always an ENT registrar available and an ENT surgeon on call. I do not work at the Epworth so please do not present there.
OR
- 4) call an ambulance on 000.

DO

Take regular analgesia to prevent your pain becoming severe.
Keep well hydrated and try to maintain your

DON'T

Exercise/exert yourself for 1 week
Smoke during your recovery period