

## Otolaryngology Specialists of North Texas

6300 W Parker Rd Suite G24

Plano, TX 75093

Ph: 972-378-0633



7515 Greenville Ave, Suite 410

Dallas, TX 75231

Ph: 214-239-1641

**Post-operative instructions following Laryngoscopy for Dr. Brad Gamble and Dr. Michael Kubala of Otolaryngology Specialists of North Texas. Offices are located in Plano-Frisco and Dallas.**

### **Recovery:**

Recovery from anesthesia usually occurs over several hours. Following the surgery, the patient is transported to the recovery room where they are observed for approximately an hour. They are then transferred to the day surgery unit where they are allowed to visit with their family and friends, have something to drink and eat, get out of bed, and go to the restroom. Once the patient has fulfilled all of the criteria required by the surgeon and the day surgery staff, they are allowed to return home. We generally ask that the patient plan 1-2 days off of work after a laryngoscopy.

### **Diet:**

The patient is typically given clear liquids either in the recovery room, or upon transfer to the day surgery unit. Depending on the level of grogginess, and whether they have nausea, the patient's diet is advanced to a regular diet rapidly over the first and second day. Upon return home, there are no dietary restrictions.

### **Activity:**

We do not restrict the patient from lifting or performing physical activity after a laryngoscopy. We do recommend voice rest during the first 7-10 days. Your surgeon will discuss details of voice rest with you after the procedure.

### **Instructions/expectations:**

**pain:** The pain following a laryngoscopy is typically mild. Most patients have good pain control with Tylenol, or a mild oral narcotic pain medication for the first few days after surgery. We do ask the patient to avoid NSAID's like Motrin, ibuprofen, Advil, Aspirin, or Aleve. Patients occasionally experience pain or mild swelling of the tongue, jaw, lip or palate. This usually subsides over several days.

**swelling:** If there is progressive visible swelling of the tongue, please contact your surgeon.

**hoarseness:** Depending on which part of the larynx was operated upon, most patients will experience some hoarseness after the procedure. This usually subsides over the first week.

**nausea:** Nausea is occasionally present after a general anesthesia. If present in the hospital, the nursing staff can administer anti-nausea medications. If present after discharge, anti-nausea medications can be called in by your surgeon or their office staff.

**fever:** Fever is not expected after a laryngoscopy. If a fever over 100 is present, please call the physician.

**Medications:**

Pain medication(s) as per your surgeon's instructions. Commonly used medications include acetaminophen or prescription acetaminophen/hydrocodone.

**Follow-up appointment:**

A routine follow-up visit is usually made for about one week after surgery. This appointment is made by the office staff when the patient calls to set up surgery.

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