

Laryngoscopy and Microlaryngoscopy

These procedures are performed to treat disorders of the larynx (voice box) and hypopharynx (lower portion of the throat). Depending on the individual case, examination, biopsy, removal or augmentation of the structures of the throat may be performed. These procedures are usually done as a day case under general anaesthesia. Hospital admission with an overnight stay may be required if there is any concern about bleeding or swelling during the procedure or if there are other health conditions such as sleep apnoea or bleeding disorders.

Diet

Start with liquids for a few hours after anaesthesia. Only liquids or soft foods should be taken for the first 3 days following surgery. Soft foods include soup, noodles, scrambled eggs, oatmeal, yogurt, smoothies, mashed potatoes or ice cream. Avoid toast, chips, hard crusted breads, and steak or similar meats.

Pain Control

You may experience a mild to moderate sore throat or tongue for several days following the procedure. The throat pain may also cause earache. Pain medications such as panadeine or panadeine forte will be prescribed and should control moderate pain. Paracetamol or ibuprofen (nurofen) may be taken for mild pain.

Voice Rest

It is recommended that talking is kept to an absolute minimum for 24 hours, and then normal quiet speech as tolerated. Avoid whispering, shouting or singing during this time. Heavy lifting or straining is best avoided for 1 week following surgery. Avoid excessive coughing or throat clearing, and smoking is definitely to be avoided.

Most people are able to return to work after 48-72 hours.

Follow-up

Your follow-up will be scheduled for 1-2 weeks after surgery. Biopsy results will usually be discussed with you at that time.

When to contact your surgeon

Please call the office immediately (98950400) or the treating hospital if you experience difficulty breathing, fresh bleeding, an inability to swallow or fever.