

PERIOPERATIVE SERVICES

Post-Operative Instructions

Microlaryngoscopy

PAIN:

Your throat may be sore. Use Tylenol™ (Acetaminophen) as directed for pain medication. Your Surgeon may have also given you a prescription for extra pain medication. Use as directed. Avoid smoking as this will cause your throat to become more sore.

OPERATIVE SITE:

You should try to refrain from coughing. You may spit up small amounts of old blood in your saliva. You may rinse your mouth with cool water if this happens. You may have a slight change in your voice initially after surgery.

ACTIVITY:

You may do only light activities initially. You may bathe on day of surgery post-operatively or have a shower the next day. Your Surgeon may suggest that you reduce your talking for a few days to rest your voice. Ask your doctor for details.

DIET:

You may start with soft foods that will not scratch/irritate your throat and progress to increasing a variety of foods as tolerated.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE →

NORS 508-15-11



Queensway
Carleton Hospital

ADDITIONAL INFORMATION:

Go to the nearest Emergency Department if you have any of the following:

- Excessive bleeding from your throat
- Any trouble breathing
- High fever (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- Significant swelling, difficulty swallowing or breathing

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands saves lives.