



Post-Operative Instructions for direct Laryngoscopy, Microlaryngoscopy, Microlaryngeal Surgery, Bronchoscopy & Oesophagoscopy

The above procedures are all performed for the diagnosis and treatment of disorders of the larynx, voice, oesophagus and upper airways. Some of the symptoms that may warrant investigation include vocal changes, difficulty swallowing, throat pain, neck lump, cough or difficulty breathing. To examine the pharynx, larynx, upper oesophagus, trachea and base of tongue, a rigid telescope is passed via the mouth into the throat. A microscope can be used to provide a magnified view of the larynx and vocal cords. If there is any abnormal tissue, polyps, cysts, or modules, these can be carefully biopsied or dissected using specially designed long-handled instruments. The procedure will normally take around 30 minutes.

Most patients who undergo these procedures will be ready to return home on the day of surgery. There is usually minimal discomfort after the procedure. Panadol or Panadeine should be adequate for this but avoid using Aspirin. After the surgery, it is not uncommon to have a mild sore throat, dry throat, worsening of hoarseness or ulcers on the tongue. Infection is rare but if you notice increasing throat pain with fever, or difficulty eating and drinking, you should contact your surgeon. Prolonged nausea and vomiting, or persistent bright red blood in the saliva are also signs that should be discussed promptly with your surgeon. Any difficulty with breathing needs to be addressed immediately at your nearest emergency department.

Surgery conducted on vocal cords often warrants voice rest to assist in healing, you will need to refrain from shouting or whispering for 48 hours (some patients may be asked to rest the voice for a longer period – your surgeon will discuss this with you if this is the case). You will also benefit from keeping the throat moist by sipping water throughout the day. Avoid alcohol and smoky environments and minimise coughing and throat clearing. Depending on your surgery, you may require some time off work, please inform us if you will require a medical certificate. If any biopsies have been taken during your surgery, you should receive those results at your planned follow up appointment with your surgeon – make a point of asking for them.