

10 April 2018

POSTOPERATIVE INSTRUCTIONS FOLLOWING MICROLARYNGOSCOPY AND/OR RIGID OESOPHAGOSCOPY

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by your ENT Specialist during your recent surgical admission.

Medications:

You should receive prescribed analgesics before you leave the hospital. The ward nurses will explain to you how to use these products before you are discharged. Please follow the medication instructions carefully and consult your healthcare professional if you have any questions about them.

Wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask your ENT Specialist when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

What to expect

It is expected to experience throat discomfort and probably ear pain. These symptoms normally aggravate 3 to 5 days after the surgery. You may use lozenges with local anaesthetic 15 minutes before each meal if required. Please continue to brush your teeth and mouth rinsing as usual.

Attend your nearest Emergency Department or Call 000 if:

- * Breathing or swallowing becomes progressively difficult consult your doctor or contact the hospital immediately.
- * You develop any neck pain, redness or swelling.

On the first week:

Voice Rest:

- * The amount of voice rest depends on the nature of the procedure performed, but can range from a **few hours to 5 days**.
- * Your ENT Specialist will advise you.
- * Strict voice rest for the prescribed amount of time implies:
 - No talking
 - No whispering
 - No singing
 - Minimising coughing & throat clearing.
- * You will then gradually return to normal voice use, usually under the guidance of a speech pathologist.

Diet:

- * Generally, you will be able to resume a full normal diet the same day as surgery.
- * If your procedure involved the oesophagus (food pipe) then your ENT Specialist will advise you of any dietary modifications, and may instruct you to eat a soft diet for a few days.
- * Ensure you maintain an adequate fluid intake to help with health and recovery from the procedure.

On your Postoperative Appointment:

- * Your ENT Specialist will listen to your voice and may refer you for speech therapy.
- * A repeat endoscopy to look at the larynx will be performed on your post-operative visit.
- * Your ENT Specialist will inspect your throat and will probably return your care to your local GP.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

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