The Adult Patient Following a Direct Laryngoscopy, Bronchoscopy or Esophagoscopy

Thank you for allowing the Georgia Regents Health System and the Department of Otolaryngology/Head and Neck Surgery to serve you for your health care needs. We know you had a choice in where to have your surgery and we’re glad you chose us.

This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Definitions:
- **Laryngoscopy:** careful examination of the voice box (Larynx) while you are asleep.
- **Bronchoscopy:** examination of the windpipe (Trachea and Bronchi) while you are asleep.
- **Esophagoscopy:** examination of the food passage (Esophagus) while you are asleep.
- **Biopsy:** taking a small piece of tissue for special examination under a microscope to help make a diagnosis.

Activity:
- Limit your activity for the next 24 hours. You may then gradually resume your usual activities as you feel like it.
- No heavy lifting or pushing, active sports, strenuous exercise, or heavy household work for three days. Objects that cannot be lifted with one hand are considered too heavy.
- You may walk and do light household activities.
- You may plan to return to work in 3-4 days, or as instructed.
- Avoid loud talking or yelling. No whispering. You should rest your voice for 2-3 days after surgery.
- You may bathe or shower as usual once you go home from the hospital. Avoid gargling.

Diet:
- You may resume your previous diet as tolerated with no additional restrictions or changes.
- Drink plenty of fluids- 6 to 8 glasses of water or juices a day.

Wound Care:
- You should not have any active bleeding from your throat. If you experience active bleeding or cough up blood, call your doctor at 706-721-4400 or come to the emergency room.
Medications:

- You can expect to have some pain the first several days. Take your prescription pain medicine as often as directed for pain. Some discomfort may persist for up to 1 week.
- Do not drive or operate heavy machinery while taking your prescription pain medication. It may make you drowsy. Do not take any extra acetaminophen (Tylenol) or over the counter medication containing acetaminophen while taking your prescription pain medicine. If in doubt ask your doctor or a pharmacist.
- Do not take aspirin, ibuprofen, naproxen or over the counter medications containing these medications for two weeks.
- You should resume taking all other medications except as noted by your doctor.
- If you were or any blood thinners (Plavix, Coumadin, Etc.) generally you should not take these for 2 weeks following surgery. Please ask your nurse before you leave the hospital, about when to resume these medications.

Call your doctor immediately or go to the emergency room if you have:

- a fever over 101.5 F
- pain not relieved by your pain medications
- any active bleeding
- any trouble breathing

Follow Up:

We will give you an appointment to return to the Otolaryngology/Head and Neck Surgery office practice site. It is important that you keep this appointment so that your doctor can be sure you are healing and to arrange any other care you might need.

If you need to talk to your doctor, you can call: 706-721-4400 and ask to speak to the ENT physician on call.