

Discharge Advice

Laryngoscopy/ **Microlaryngoscopy +/-** **biopsies**

Discharge Advice following Laryngoscopy/Microlaryngoscopy:

The aim of this procedure is to examine your larynx (voice box) when you are asleep under general anaesthetic. This is in order to diagnose the cause of your voice problem and where possible attempt to improve your voice.

The operation involves passing a hollow tube through your mouth down into your throat. Either an endoscope can be passed down through this hollow tube or a microscope can be used in order to assess your larynx in detail.

If required, samples of abnormalities (biopsies) found on your larynx can be sent to the laboratory for further assessment.

Pain

Most patients experience some soreness in the throat for the first few days post surgery. Simple painkillers such as paracetamol should ease the discomfort. As the procedure is performed via the mouth, there may be some bruising/cracking to your lips and gums. You can apply Vaseline to any cracks on your lips in order to keep the area moist.

Diet

Drink plenty of water and initially start on a light diet e.g. sandwiches. Most patients are able to return to a normal diet within 48 hours.

Voice rest

Your surgeon will be able to give you specific instructions regarding voice use following the procedure. As a general rule, you should rest your voice for at least 48 hours. If you do need to talk, you should use your voice normally. Whispering or shouting is worse than using your normal voice.

If biopsies and/or other procedures are performed on your larynx, it would be usual to rest your voice for at least 2 weeks. This is in order to prevent an injury from occurring at the surgical site and to aid healing.

Return to work

Your surgeon will be able to give specific advice regarding this (it will depend on what procedure was performed). As a minimum you will require at least 48 hours off work. Many patients will require a more prolonged amount of time off work

(particularly if an extended period of voice rest is required). A sick note can be supplied upon your discharge.

Smoking

You are strongly advised to stop smoking as this causes irritation to your larynx.

Follow up

You will be advised prior to discharge whether or not a follow up appointment is required.

EMERGENCY DISCHARGE INFORMATION

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633234018

After 17:00/overnight (adults): Ward C0 on 01633 493926.

After 17:00/overnight (children): Ward C1 on 01633 493609.

In the event of an emergency, attend your closest Accident & Emergency department

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