



Post-Operative Instructions Direct Laryngoscopy

1. **Bleeding** – After direct laryngoscopy, bleeding may occur. The bleeding usually stops by itself, yet often persists as bloody sputum (mucous) for 24 hours.
2. **Pain** – Moderate throat irritation and soreness is expected. Pain medication will be prescribed and is to be used as directed. If pain is severe and/or associated with difficulty swallowing or breathing, contact Dr. Jungkeit immediately for further instructions.
3. **Voice rest** – Resting the voice is **crucial** to the healing process. No talking, whispering or clearing the throat for 7 days after surgery. Frequent sips of cool water will keep the throat from becoming dry and irritated. Avoid coughing as much as possible. After 7 days of voice rest, begin using the voice gradually, continuing to keep the throat moist with frequent sips of water.
4. **Diet** – Cool, soft foods within the first 48 hours after surgery is recommended.
5. **Activity**- Normal activity may be resumed after 24 hours. Light exercise is recommended for the first week post-operatively although it is essential to maintain good hydration while exercising.

Revised 3/10