

DIRECT LARYNGOSCOPY

Home Care Instructions

ACTIVITY

- You will require constant supervision for the next 24 hours by a responsible adult.
- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medications.**
- Keep your head elevated at least 45 degrees while awake and sleeping to reduce swelling.
- Use a cool mist humidifier to reduce dryness and promote healing.
- Avoid excessive coughing or throat clearing.
- Avoid strenuous activity or exercise for two weeks.

- ☐ **ABSOLUTE VOICE REST** for _____ days. Do not talk or whisper. Communicate in writing or by text.
- ☐ **CONSERVATIVE VOICE REST** for _____ days. Talk only when necessary in a normal voice, no whispering or talking loudly.

DIET

- Drink plenty of fluids. **Dehydration is extremely harmful to the vocal cords.**
- Start with soft foods that are easy to swallow, then progress to a regular diet as tolerated.

PAIN

- A sore throat and pain when swallowing are common due to the procedure and the breathing tube placed during surgery.
- **Taking prescribed pain medication around the clock for the first two days is recommended.** Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener and drink plenty of fluids with additional fruit juices to prevent constipation.
- You may **CHANGE** to Tylenol after a few days if doing well, but **DO NOT** take additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

WHEN TO CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Nausea and vomiting lasting more than 24 hours.

WHEN TO GO TO THE EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Vomiting bright red blood.
- If you are unable to reach your physician and need help.