



**STEPHEN A. LANDERS, M.D.**  
*DIPLOMATE, AMERICAN BOARD OF OTOLARYNGOLOGY*  
*HEAD AND NECK SURGERY*

*PEDIATRIC AND ADULT*  
*EAR, NOSE & THROAT*

## **POSTOPERATIVE INSTRUCTIONS: DIRECT LARYNGOSCOPY**

1. Please observe relative voice rest for at least three (3) days. This gives the raw tissue a chance to begin to heal.
2. Hoarseness may last up to 2 to 3 weeks. During this time, swelling will gradually decrease and the lining of the vocal cords will regenerate.
3. If you speak, please do so in a normal tone of voice. This creates less trauma to the vocal cords than whispering or shouting.
4. You may conduct business, but not discuss philosophy. Try to keep personal or phone conversations under two (2) minutes during the first few days after surgery.
5. Please drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.
6. You may resume your normal diet as tolerated.
7. Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.
8. If antibiotics are prescribed, please take them as directed until they are all gone. You may take pain medications as needed.
9. You will be informed if further therapy is required. Occasionally, procedures are staged so that abnormal scar tissue will not form.
10. Contact our office for a follow-up appointment for 10-14 days from the day of surgery.
11. Contact our office and report any:
  - airway obstruction or excessive noise during breathing
  - excessive bloody sputum
  - difficulty swallowing
  - temperature above 101 degrees
  - excessive pain in the throat not relieved with medication