



LARYNGOSCOPY / DIRECT LARYNGOSCOPY / ESOPHAGOSCOPY

These instructions will help you take care of yourself at home.

- Do not drive a car or operate dangerous machinery for 24 hours
- Do not drink alcoholic beverages or make any personal or business decisions for 24 hours (because you have anesthetic medications in your system).
- Possible side effects if received general anesthesia: nausea, sore throat, or thirst



DIET

- Begin with clear liquids (Sprite, Ginger Ale, Pepsi, apple juice, kool-aid)
- Advance to cool, soft foods. Avoid citrus fruits (lemons, oranges, etc.) and hot or spicy food because they may cause a burning feeling.
- After tolerating cool, soft foods, you may resume your usual diet.



ACTIVITIES

- Get plenty of rest today. Keep your head elevated.
- Stay in bed if you feel dizzy or lightheaded. Take it easy!
- Resume usual activities as tolerated tomorrow.



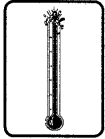
SPECIAL CARE NEEDED

- Your throat may be sore. Throat lozenges and warm salt-water gargles may help. A small amount of blood-streaked saliva is normal.
- Call your doctor if you notice anything other than a small amount of blood.
- Additional care needed:



MEDICATIONS

- Resume your usual home medications, unless otherwise instructed
- Post-operative medications:
- None prescribed
- Per physicians prescription
- Please use an over-the-counter stool softener as long as you are taking pain medication



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound. Pain not controlled by your pain medication, or an increase in pain.**



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- Difficulty swallowing
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

RETURN APPOINTMENT

Please return to the _____

for a follow-up appointment with Dr. _____

on _____ at _____ o'clock.

To schedule return appointment, call UVa toll-free number:
1-800-251-3627

SURGICAL ADMISSION SUITE: 434-924-5455

UVA OUTPATIENT SURGERY CENTER: 434-982-3107
or toll free 1-888-882-4635

Call 911 if you have chest pain or shortness of breath