



The Head+Neck Center
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SINUS
ENDOCRINE
HEAD AND NECK CANCER
VOICE DISORDERS
SALIVARY GLANDS
TONSILS AND ADENOIDS
EARS
PEDIATRICS
SNORING / SLEEP APNEA

Direct Laryngoscopy

Direct laryngoscopy is a diagnostic and/or therapeutic procedure for examination and/or removal of a foreign body, cyst, nodule, polyp or tumor. It is also a way to improve vocal quality by injecting biocompatible agents (i.e., Gelfoam, fat, collagen, etc.) that amplifies one's voice. This is called injection laryngoplasty. Among the few complications that may occur are injury to teeth, risks of general anesthesia, bleeding after biopsy, and failure of a vocal cord to heal after biopsy. Voice change or hoarseness is possible after vocal cord surgery.

KNOWN RISKS AND COMPLICATIONS

Procedure

Direct laryngoscopy is a brief procedure done with a microscope and/or laser. The lesion is identified and removed microscopically and sent to pathology for analysis. You will talk with a nurse (who will start an IV), the anesthesiologist and surgeon before the procedure. It takes about an hour, with about a one-half hour recovery time. You will be discharged about two hours thereafter.

Throat Care

Following your procedure we will ask you to avoid whispering, just to say brief, short answers (yes or no) and talk only to those within arm's length. We ask you to avoid clearing your throat for about 24 hours. You may resume eating with soft foods and liquids at first, progressing to regular food the next day. If you are on an anti-reflux therapy continue it aggressively after surgery.

Fullness or Numbness

Care will be taken not to harm your lips or teeth. Postoperatively, patients complain of swollen lips and that their tongue feels a bit full or numb. If there are any problems with your breathing after surgery we will keep you overnight. However, that is extremely rare, as 99% of patients go home following this procedure.

Voice Rest

Postoperatively, you will be asked to follow voice rest as indicated on the following page. We will follow-up with you in the office for a repeat endoscopy in about three to four weeks postoperatively. You should rest your voice for one week and you can resume singing following one month of voice rest. Remember that absolute voice rest for five days postoperatively is essential to healing. Once again, avoid throat clearing, drink lots of fluids and avoid coughing if possible.

PREOPERATIVE INSTRUCTIONS

Food and Drink

Nothing to eat or drink for 8 hours prior to the procedure. This includes all food, liquids, water, candy, mints or gum. Your procedure will be cancelled if you do not follow these instructions.

Medications	Take medications as directed with just a sip of water in the A.M. If you are on any medications that affect bleeding (such as Coumadin or warfarin) please notify the office immediately.
What to Avoid	Please avoid any aspirin, aspirin-containing products or ibuprofen (Advil®, Aleve®, etc.) for one week prior to your surgery.
Do Not Bring	Do not bring valuables (cash, credit cards, watches, jewelry, etc.) to the center .
Confirm Arrival	Please call Westfall Surgery Center at 256-3862 before noon on the day prior to your procedure to confirm your arrival time.

POSTOPERATIVE INSTRUCTIONS

Voice Rest	Maintain complete voice rest for five to seven days if lesion/polyp/nodule is removed. If you must speak, do not whisper or talk loudly. If you find you must speak during the first seven days following the procedure, do so but use a normal voice for a very short period of time. If having vocal cord injection use voice as normal. <u>DO NOT WHISPER.</u>
Activity	Avoid heavy lifting, bending or straining for one week. Otherwise, resume normal activity on the day following your procedure.
Diet	Advance diet from liquids to soft foods to solids as tolerated. Avoid hot liquids or food. You may experience a sore throat following this procedure so you may find liquids and soft foods are more comfortable for the first few days.
Medications	Resume all preoperative medications as prior to your procedure. You should not require any special medications following this procedure. You may wish to take Tylenol® or Advil® for postoperative discomfort.
Please Call for	<ul style="list-style-type: none"> • Difficulty breathing or painful swallowing • Loose or dislodged teeth • Significant swelling of the neck or back of throat • Coughing up blood or persistent bleeding (you may notice some slight blood-tinged sputum which is not uncommon)
Results	Pathology results are typically available within seven days following your procedure. These results will be telephoned to you.
Appointments	Your follow-up appointment should be scheduled for three to four weeks following your procedure. Please telephone the office after one week if you have not heard the results of the biopsy or a follow-up plan.
Questions?	If you have any questions, please do not hesitate to call on us at (585) 256-3550 and ask for our nurse. We are all here to assist you in any way we can.
Emergencies	If you have an emergency after hours or on the weekend please call our professional answering service at (585) 258-4840.