

S.C.E.N.T.

Southern California Ear, Nose and Throat
433 E. Wardlow Rd.
Long Beach, CA 90807
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for
Endoscopy- Direct Laryngoscopy, Bronchoscopy and/or Esophagoscopy**

PROCEDURE:

The patient has had an examination of the airway (larynx/voice box, trachea/windpipe, bronchi) and/or swallowing tube (esophagus) using endoscopes, which are rigid or flexible tubes with special lights, telescopes, and cameras. This procedure is done to evaluate both the structure and function of these areas. Sometimes biopsies or removal of tissue will be part of the procedure.

INSTRUCTIONS FOR HOME:

Diet: A normal diet may be resumed after discharge

Activity: Normal activity may be resumed after discharge

If the patient has had nodules or other lesions removed from the vocal cords, please encourage voice rest for three (3) days-no whispering please! Whispering puts increased tension on the vocal cords

Medications: Tylenol may be given for discomfort.

Sometimes, a short course of steroids will be given to reduce swelling

DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS

Expectations: A mild sore throat and some neck stiffness are common, lasting a few days after surgery. Tylenol can be used for discomfort.

If the patient has any of the following, please call us immediately:

- Severe chest or neck pain
- Change in breathing patterns
- Temp F

Follow-Up: Schedule the patient for a follow-up appointment in our office 3 weeks after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550