

Laryngoscopy/Esophagoscopy

Patient Postoperative Instructions and Information

The recovery period after this procedure is generally smooth and uncomplicated. However, an occasional situation may arise which can be distressing for you as a patient, parent, or a family member. The following information and suggestions may help you through this period.

DIET

Liquid is essential. Start with ice chips, sips of water, or your favorite fruit juice drink, then progress to at least an 8 ounce glass of liquid per hour until you are able to tolerate solid food. If swallowing liquids causes chest pain or shortness of breath, please contact your doctor.

HELPFUL HINTS

1. Cold liquids, non-acidic juices, sherbet ice cream, and popsicles are tolerated better within the first 24 hour period.
2. Progress to soft foods gradually (Jell-o, custard, soft boiled or scrambled eggs, pudding, mashed potatoes).
3. Avoid acidic foods/juices (orange, tomato), salty and fried foods (potato chips, French fries, hard toast, and popcorn).
4. Drink plenty of fluids to keep your throat moist.
5. Avoid all alcoholic beverages and smoking.
6. Absolute voice rest may be required for up to seven days. Do not whisper, use pencil and paper. Your doctor will inform you specifically regarding this matter.

PAIN

1. A sore throat (and possibly gums) are common after surgery and may affect swallowing.
2. Take pain medications as prescribed every 4-6 hours as needed.
3. Eating will be easier one-half hour after taking pain medication.
4. **DO NOT TAKE ASPIRIN OR ASPIRIN PRODUCTS FOR PAIN RELIEF AS THIS MAY INCREASE YOUR RISK OF BLEEDING**

ACTIVITY

Rest with limited activity at home for 24-48 hours. Avoid lifting, straining, or vigorous activities.

RECOVERY

1. Approximately one week, depending on age.
2. May have low-grade fever under 101 degrees in the first 24 hours.

CONTACT PHYSICIAN IMMEDIATELY FOR:

Chest pain

Lightheadedness upon standing

Persistent vomiting

Fever over 101 degrees

Difficulty breathing

Inability to swallow

Progressive low neck pain

If you have any problems or questions, please feel free to contact us at 410 554 4455. If you are unable to contact us, go to the emergency room.