



ALASKA FACIAL PLASTIC SURGERY & ENT
CHRISTINA MAGILL MD

3719 E. Meridian Loop, Suite E, Wasilla, AK 99654 P: 907-671-6017 F: 907-631-0766

POST-OPERATIVE INSTRUCTIONS FOR ENDOSCOPY
(DIRECT LARYNGOSCOPY, MICROLARYNGOSCOPY, BRONCHOSCOPY AND/OR ESOPHAGOSCOPY)

PROCEDURE:

Examination of the airway (larynx/voice box, trachea/windpipe, bronchi) and/or swallowing tube (esophagus) using an endoscope, which is a rigid or flexible tube 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.

AFTER THE PROCEDURE:

- A mild sore throat and some neck stiffness are common, lasting a few days after procedure. Tylenol can be used for discomfort. If biopsies are taken, pain medication may be prescribed.
- A normal diet may be resumed immediately after the procedure. Avoid hard crispy foods like potato chips, popcorn or any other abrasive foods for the next 48 hours. It is extremely important to drink adequate amounts of fluids.
- Normal activity may be resumed after discharge. No restrictions unless you are told otherwise by your doctor. If you had nodules or other lesions removed from your vocal cords, voice rest for three (3) days is encourage. This means that you should not speak to anyone if they are greater than an arm's length away. Avoid whispering, shouting or singing as this puts increased tension on the vocal cords. Speak with your normal voice for limited periods of time.
- Avoid excessive coughing or throat clearing.

CALL OUR OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Severe chest or neck pain
- Fever >101.5 F
- Shortness of breath
- Inability to eat
- Bleeding which persists and is bright red
- Signs of dehydration (no intake by mouth, lethargy, no urine output, sunken look around eyes, dry mouth)

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, asks for ENT doctor on call) or call **911** for emergency.