

KAISER PERMANENTE
DEPARTMENT OF HEAD AND NECK SURGERY

**Post operative instructions for:
Endoscopy (laryngoscopy, esophagoscopy)**

After Surgery:

A mild to moderate sore throat is common and can take a few days to resolve. A small amount of bleeding or blood clots may be noticed after endoscopy, especially if your surgeon took biopsies.

Activity:

If you had surgery on your vocal cords, no whispering, singing or yelling for a week. Try not to cough or clear you throat.

Pain Management:

Take pain medications as directed. Some pain medications can cause constipation, moving about and walking can help with this

Diet:

Resume your normal preoperative diet unless nausea is present. Fluids are more important than food for the first 24-48 hours. Small amounts of clear liquids taken frequently are best. Avoid dehydration. If nausea is severe or persists after 24 hours, call your physician or an advice nurse.

Problems:

1. If you had your esophagus (food tube) examined call 911 or go to the nearest emergency room immediately if you have progressive difficulty in eating, a fever over 101 or your heart is racing. .
2. If you had your voice box examined call 911 or go to the nearest emergency room immediately if you have, difficulty breathing

Call your physician or an advice nurse if you have:

1. Severe pain or unrelieved nausea
2. Excessive bleeding or discharge
3. Elevated temperature (101 or above)
4. Signs of infection such as red streaking around the surgical site, swelling or foul smelling drainage.

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