



# CommunityENT

EAR • NOSE • THROAT • ALLERGY

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## Post Operative Instructions for Direct/Micro Laryngoscopy with Vocal Cord Nodule Removal

### What is a Direct or Microlaryngoscopy?

A Direct or Micro Laryngoscopy with vocal cord nodule removal are 2 procedures that are done together. It allows your surgeon to examine the back of your throat, vocal cords and entrance to your esophagus. Using special instruments, the lesion(s) on the vocal cord(s) are removed. A microlaryngoscopy is the same procedure except an operating microscope is used to magnify your throat.

The procedure is performed under general anesthesia. A scope is placed through your mouth and into your throat. This procedure takes about less than an hour and is typically an outpatient procedure.

### How should I prepare for my surgery?

You should discontinue any aspirin or anti-inflammatory medications for 7 days prior to the surgery, this includes certain supplements such as fish oil and omega-3. If you are on any blood thinners, you will need to consult with the surgeon and the prescribing physician on how to discontinue those medications before surgery.

### What are the possible complications?

Damage to the teeth is a possibility as the rigid part of the scope is inserted into the mouth. A tooth guard is used to try to avoid this complication. With any vocal cord biopsy, there is a risk of temporary or permanent changes to the voice. Infection is rare, but is possible if there is a perforation in your throat from the surgical instruments.

There is always a risk with general anesthesia. Those risks will be discussed thoroughly with the anesthesia team prior to your surgery.

### **What can I expect after surgery?**

You can expect for your throat to be sore and raw for a few days. You can use throat lozenges or sprays to numb the throat and make eating more comfortable. You can use Tylenol for pain. Do not use Aspirin, Advil, Aleve or any other anti-inflammatory medications after surgery without getting approval from your surgeon.

During the first few days after surgery you may have a coughing sensation. You will need to be on complete vocal rest and you need to be aware that voice improvement takes time. In some cases, the voice doesn't improve 100%.

### **What do I need to do at home**

Complete vocal rest is very important for your recovery. You should expect to not speak for 4 days for up to 2 weeks after surgery. This timeline depends on your surgeon's recommendations after surgery. To prepare for this, we recommend having access to a pen and paper or whiteboard so you can communicate. You should prepare your friends and family members so they will be able to help you recover. Even when you start to speak, you should avoid excessive talking or any strain on your vocal cords for several weeks. You should not yell, smoke or drink alcohol. You do not want anything irritating your vocal cords while they are healing.

You should be on a soft diet for the first 24 hours after surgery. After that, you can advance your diet as tolerated.

### **When do I f/u with my doctor?**

Typically the first follow up appointment is between 2-3 weeks. At that appointment, you will be scoped in the office to check on your progress. Depending on your surgeon, speech therapy may be recommended.

### **When should I call my doctor?**

Call the Office if:

- Coughing up bright red blood
- Fever greater than 100.5
- Trouble swallowing

