



# DIRECT LARYNGOSCOPY/ESOPHAGOSCOPY/BRONCHOSCOPY DISCHARGE INSTRUCTIONS

## FOLLOW UP CARE

- Talk in your normal voice, do not yell or whisper for 2 weeks
- Throat and ear pain are normal and should resolve in 2 weeks
- Tongue pain, numbness, or tingling are normal and should resolve in 2 weeks
- If a follow up appointment was not made the day of surgery, please call the office to make one

## OPERATIVE SITE

- If biopsies were taken, you may notice a small amount of blood in your saliva

## ACTIVITY

- Do not drive for 24 hours
- Avoid vigorous activity or heavy lifting for 2 weeks

## DIET

- Begin with clear liquids and resume previous diet as tolerated

## MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

## PROBLEMS TO WATCH FOR

- Fever over 101.4
- Heavy bleeding
- Difficulty breathing
- Nausea/Vomiting
- Bleeding lasting more than 2 days
- Neck swelling

Call your doctor with ANY problems that concern you: Phone # **(843) 766-7103**. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

\_\_\_\_\_  
Patient/Responsible Party

\_\_\_\_\_  
Nurse Signature