

Micro-Laryngoscopy

A Micro-Laryngoscopy is an examination of the larynx and vocal cords. This examination helps the surgeon decide on the best type of surgery for you. You may also have a biopsy or removal of a lesion.

For a healthy recovery after surgery, please follow these instructions.

Pain

- It is common to have a sore throat. This discomfort may last a few days, but should get better over time.
- Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon.
- If needed, take acetaminophen (Tylenol).
- Sucking on ice chips or drinking cool fluids can help soothe a sore throat.

Activity

- Rest for the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- Ask your surgeon when you can resume your usual activities. You may be able to go back to work within a week after surgery.
- No heavy lifting (20 lbs or 9 kgs), travel, sports or strenuous physical activities for 1 week after your surgery.

Eating and drinking

- Drink plenty of fluids.
 - Avoid acidic or reflux triggering foods and beverages. These foods include citrus fruit, tomatoes, hot spices, fatty foods (fast foods), chocolate, mint and coffee.
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Voice

Do not talk at all for 3 days. Then talk as little as possible for 2 weeks. Do NOT whisper. Your surgeon will let you know when you can talk. You can communicate by writing or with gestures. Do not strain your voice. You must not be alone during this time.

Follow the Voice Rest Chart

Absolute voice rest means no talking at all.

Confidential voice is a way of talking to help your vocal cords heal. The voice uses low loudness. The talking is clear, you would use this talking in a private, intimate setting.

Resting your voice and then slowly increasing the use of confidential voice prevents scarring and maintains movement within the vocal cords. By following the Voice Rest Chart after surgery you promote healing and recovery of your vocal cords.

Voice Rest Chart after surgery	
Day 1 to 3	Absolute voice rest. Do not talk at all.
Day 4 to 6	5 minutes confidential voice on the hour.
Day 7	10 minutes confidential voice on the hour.
Day 8	15 minutes confidential voice on the hour.
Day 9	15 minutes confidential voice on the hour.
Day 10	Back to regular use, BUT in confidential voice.

Voice Clinic

Having speech/voice therapy after surgery will help you speed up your rehabilitation to get voice back. Talk with your surgeon for a referral to the Voice Clinic.

Special care

- To prevent infection avoid people with colds and the flu.
- Stop smoking.
- Avoid coughing or clearing your throat.

CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

Follow-up

- Your follow-up visit with the surgeon is about 1 to 2 weeks after surgery. You will need to call for an appointment.

Who can I call if I have questions?

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on-call at 905-521-5030.

When do I need to get medical help?

- You have a fever of 38.5°C (101.3°F) or higher.
- You have difficulty breathing or swallowing: **go to emergency or call 911.**