
Laryngoscopy Post-op Instructions

ENT of Athens

- Your throat is going to feel very scratchy and sore today. It may also feel dry.
- Let your dry throat remind you NOT to talk for at least _____ days. You may communicate with writing.
- After the above indicated time, you may talk in a normal volume. Do not raise your voice or whisper.
- When you resume talking expect that your voice will still sound hoarse due to swelling and healing.
- Gradually increase your talking after voice rest. On the first day you may talk on average 5 minutes per hour. On the second day, average 10 minutes per hour, etc.
- Voice rest includes talking, whispering, throat clearing, and coughing. If you have the need to clear your throat, take a large, forceful gulp of water to quell the urge.
- Take any prescribed reflux medication as instructed by your physician.
- DO NOT SMOKE.
- Do not drink alcohol or very hot beverages until after you have gone back to see your doctor.
- Please call your surgeon 706-546-7908 for any questions or concerns.

PHILIP A. SHEFFIELD, MD J. EDWARD DEMPSEY, MD CHARLES M. MIXSON, MD
BYRON K. NORRIS, MD ELIZABETH H. KATZ, MD BLAKE KIMBRELL, MD