

POSTOPERATIVE INSTRUCTIONS FOLLOWING LARYNGOSCOPY AND BIOPSY

A. Diet

1. Begin with clear liquids (tea, soup, Jell-O) and advance to soft diet, such as scrambled eggs, mashed potatoes and ice cream.
2. You may begin a regular diet 24 hours after surgery.

B. Medications

1. Usually regular strength Tylenol is adequate.
2. Stronger medicine will need to be prescribed by your physician.

C. Activity

1. Remember you had a general anesthetic.
2. Sleep with your head elevated 30 degrees (2-3 pillows).
3. You may resume activity as tolerated.
4. Avoid prolonged vocal strain or use if vocal cords were biopsied.

ENT Office: (408) 236-4570