



# Kaiser Permanente San Jose Medical Center Head & Neck Surgery

Head & Neck Surgery Clinic: (408) 972-6580  
After Hours Clinic: (408) 362-4791  
Emergency Room: (408) 972-7777

## POSTOPERATIVE INSTRUCTIONS FOLLOWING LARYNGOSCOPY AND BIOPSY

### 1) Diet

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

### 2) Medications

- a) Usually regular strength Tylenol is adequate.
- b) Stronger medicine will need to be prescribed by your physician.

### 3) Activity

- a) Remember you had a general anesthetic.
- b) Sleep with your head elevated 30 degrees (203 pillows).
- c) You may resume activity as tolerated.
- d) Avoid prolonged vocal strain or use if vocal cords were biopsied.