

# Microlaryngoscopy

## Discharge advice - Otolaryngology Department

### What is Microlaryngoscopy?

A procedure done under a short general anaesthetic using a microscope to directly see and examine the vocal cords within the larynx (voice box).

Your surgeon may recommend that biopsies (a small samples of tissue) be taken for testing.

### Pain relief and antibiotics

Throat pain is usually mild.

Paracetamol (tablets or syrup) may be used regularly 4 to 6 hourly for the first 24 hours and then as required. Do not exceed the recommended dose.

Do not use Aspirin or Disprin for pain relief as these can cause bleeding. Many medications contain Aspirin. Please check with your pharmacist.

### Eating and drinking

Your anaesthetist may also spray some local anaesthetic on your vocal cords (voice box). Until this wears off you should have nothing to eat or drink. This usually lasts up to two hours following the procedure.

You can then start with sips of water to ensure your swallowing is returning to normal, before progressing to your usual diet.

### Smoking

Smoking is not recommended.

### Follow up

Please keep any follow up appointments. This is important, as you will be given the results of any biopsies taken.

### Voice rest

You may be given advice by your surgeon regarding the need to rest your voice.

You may be asked to:

- minimise voice use.
- talk quietly rather than whisper or shout
- avoid throat clearing, but sip water instead
- use pen and paper to make yourself understood.

If you have been told that you are not permitted to speak after surgery for 7 to 10 days, please follow this advice. It is to allow the swelling to subside and your vocal cords to heal.



### Contact Details

Christchurch Hospital

**ORL(ENT) Outpatient Department**, Telephone: 364 0985

Hours: Monday–Friday 8 am – 5 pm

**Ward 21 (Children’s Ward)**, Telephone: 364 0210

**Adult ORL Ward**, Telephone: 364 0640 and ask for ENT ward

**Day Surgery Unit**, Telephone: 364 4034,

Hours: Monday–Friday, 7 am – 7pm, 1st floor Christchurch Women’s Hospital

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- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)