

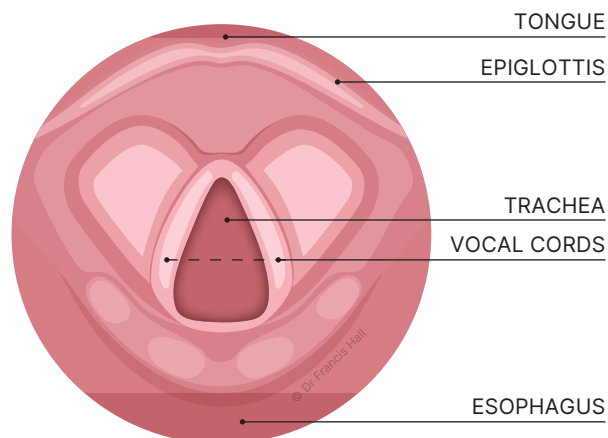


Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Microlaryngoscopy and biopsy care

Microlaryngoscopy is the name of the procedure where the surgeon looks at your larynx with a microscope. The larynx is the voice box and contains the vocal cords. The procedure is done under general anaesthesia so you will be fast asleep. Often the procedure is combined with either a biopsy or removal of a lump. A biopsy is simply taking a small sample of a lump or area of interest. This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.



What to expect?

You can expect to have a sore throat for about 3-7 days. Sometimes your ears may hurt too. Ear pain is due to referred pain from the larynx. There is nothing wrong with the ears, the brain just gets a little confused as to where the pain is coming from as the larynx and the ear share the same nerve. Your voice will be hoarse after the procedure while the tissues heal. Usually, the voice is hoarse for about 1-2 weeks after surgery. Dr Hall will advise you to rest your voice (see below).

Most patients go home the same day.

How can you care for yourself at home?

Activity:

- Do not drive in the 24 hours following your surgery.
- Rest when you feel tired. Getting enough sleep will help you recover.
- You will need to take 1-14 days off work depending on the extent of the surgery and if talking is an important part of your job. Dr Hall can advise you how long he thinks you may need to take off work.
- In order to reduce the chance of bleeding, avoid strenuous activities for one week, such as going to the gym, lifting weights and running.
- Walking is fine.
- What should I eat after microlaryngoscopy?
- Because the throat is sore, it hurts to swallow. Usually, soft food is less painful to swallow. People eat all sorts of things after microlaryngoscopy including hamburgers, chips, pizza and curry. Eat whatever you feel comfortable eating.
- It is important to drink plenty of fluids—water, milk, juice, whatever. Aim for about two litres of fluid per day. This also helps with any pain.

Voice rest:

- It is recommended that you rest your voice for one to two weeks after microlaryngoscopy.
- Voice rest involves not talking or at least minimise talking to the absolute minimum.
- Voice rest is not whispering. Whispering is worst for healing than talking at normal volume. Do not whisper.
- Resting the voice helps with healing.

Pain medicines:

- Usually, the pain after microlaryngoscopy is mild to moderate. It is most uncommon to have severe pain. Dr Hall or his anaesthetist will prescribe several different medicines for the pain, from the following list: paracetamol (Panadol), ibuprofen (Brufen), celecoxib (Celebrex), Etoricoxib (Arcoxia), codeine, tramadol, and Difflam spray. Please take the medications as instructed. Some of the medications are taken regularly and some are taken for break through pain. Please text or call Dr Hall if the pain becomes too much. He can make changes to your medications that can make a big difference to your level of comfort.
- If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless Dr Hall has told you not to).
 - Ask Dr Hall for a different pain medicine.

Problems:

- Call Dr Hall on 021 733 677 if you have problems with breathing, pain or bleeding. These problems are not common.

When do I get my results?

- Usually, the pathologist sends a typed signed report to Dr Hall about one to two weeks after the surgery. Occasionally it may take the pathologist longer to issue a report either because of the complexity of your case or because of a higher than usual workload. Dr Hall will contact you by phone or text once he receives the pathologist's report in his inbox.

Follow up appointment:

- Dr Hall usually sees his microlaryngoscopy patients about 2-3 weeks after surgery. His secretary Rebecca will arrange your follow up appointment for you. If you have not heard from Rebecca within one week of your surgery, please contact her on 09 281 2963.

Any problems call or text Dr Francis Hall on 021 733 677

Dr.  T. Hall