



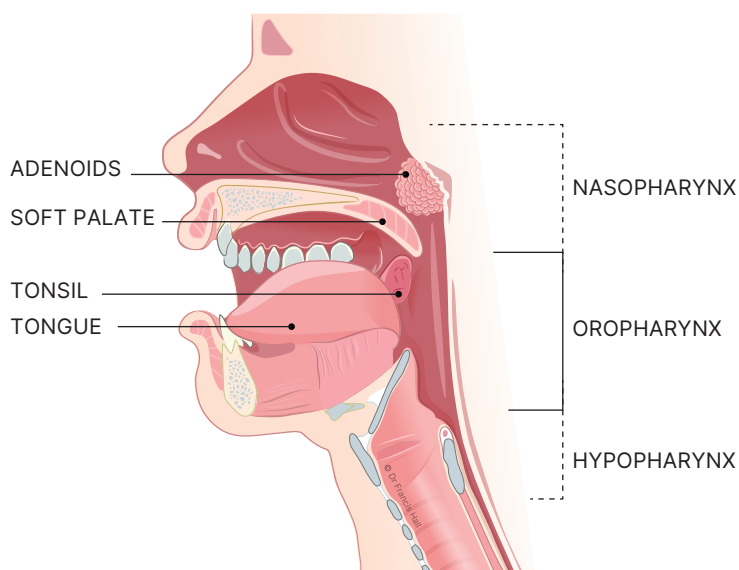
Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Pharyngoscopy and biopsy care

Pharyngoscopy and biopsy is the name of the operation where the surgeon looks at your throat and takes a biopsy. 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 somewhere between 5-10 days. Sometimes the throat gets more sore about 6 days after the surgery. Sometimes your ears hurt too. Ear pain is due to referred pain from the throat. There is nothing wrong with the ears, the brain just gets a little confused as to where the pain is coming from as the throat and the ear share the same nerve. Usually, the throat is more sore in the morning, when the throat is dry and you haven't taken your pain medication.

Most patients go home either the same day or the following 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 1-7 days off work depending on how big a biopsy was taken. 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 my tonsils are removed?
- Because the throat is sore, it hurts to swallow. Usually, soft food is less painful to swallow. Traditionally the recommendation was for jelly and ice cream. However, people eat all sorts of things after a throat biopsy including hamburgers, chips, pizza and curry. Eat whatever you feel comfortable eating.
- Although it may hurt to swallow, eating helps keep the pain at manageable levels.
- It is important to drink plenty of fluids-water, milk, juice, whatever.. Aim for about two litres of fluid per day. That way you will stay well hydrated and this helps a lot with any pain.

Pain medicines:

- 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, gabapentin 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 Dr Hall prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- 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:

- Bleeding. If you bleed from either your mouth or nose, go to the emergency department. It is preferable to go to the emergency department at Auckland Hospital as they have an ENT registrar on site to deal with emergencies. Please note, neither Middlemore Hospital or Northshore Hospital have an ENT emergency service. Call Dr Hall on 021 733 677 as you are being driven into the hospital.
- Not many patients bleed, only about 2% but for that 2% it can be quite dramatic and frightening.
- Fever. If you develop a fever or feel very unwell, call Dr Hall immediately. Very occasionally saliva may leak from your throat into the tissues inside your neck. This is called a fistula and this is an emergency. This is a rare occurrence.

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 pharyngoscopy patients about 2 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