

**CARE AFTER**  
**ENDOSCOPY – DIRECT LARYNGOSCOPY, BRONCHOSCOPY AND/OR**  
**ESOPHAGOSCOPY**

**GENERAL INFORMATION:**

The patient has had an examination of the airway (larynx/voice box, trachea/windpipe, bronchi) and/or swallowing tube (esophagus) using endoscopes, which are rigid or flexible tubes with special lights, telescopes, and cameras. This procedure is done to evaluate both the structure and function of these areas. Sometimes biopsies or removal of tissue will be part of the procedure.

**INSTRUCTIONS FOR HOME:**

**Diet:** A normal diet may be resumed after discharge.

**Activity:** Normal activity may be resumed after discharge.

If the patient has had nodules or other lesions removed from the vocal cords, please encourage voice rest for three (3) days – no whispering please! Whispering puts increased tension on the vocal cords.

**Medications:** Tylenol may be given for discomfort.

Sometimes, a short course of steroids will be given to reduce swelling.

**Expectations:** A mild sore throat and some neck stiffness are common, lasting for a few days after surgery. Tylenol can be used for the discomfort.

If the patient has any of the following, please call us immediately:

- Severe chest or neck pain
- Change in breathing patterns
- Temperature greater than 101° F

**Follow-up:** The patient has been scheduled for follow-up 3-6 weeks after the surgery. The post-operative appointment is located on your pre-operative scheduling sheet.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at **362-9730**.