



PUGET SOUND EAR, NOSE & THROAT CARE CENTER

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MICROLARYNGOSCOPY

USUAL POST OP COURSE:

- SORE THROAT -** Mild to moderate sore throat. You may gargle with warm salt water (1/4 tsp of salt in 8 oz warm water). Chloraceptic or other anesthetic spray or lozenges may be used. Tylenol may be taken as needed for discomfort. In some cases, prescription pain medication may be given.
- BODY ACHES -** You may experience sore muscles throughout your body. This is from tightening of the muscles during the anesthesia process. This will resolve in a few days. You may treat this as you would any sore muscle.
- HOARSENESS -** You may have a hoarse voice. Minimize talking. If you must talk, speak in a low voice, don't whisper.
- DIET-** Start out with soft, bland foods and gradually progress to a normal diet.

PROBLEMS

If you experience any of the following, call the office for instructions:

*Difficulty breathing
Difficulty swallowing
Fever: 101 or above
Bleeding from the mouth*

You should have a post-op appointment for 1 week after surgery.

For questions, problems or refills call the office at (425) 775-6651. Some pain medications require a written prescription, so call for a refill before you run out of medication.

Medication requests must be made during office hours.

There is always a doctor on call after hours for emergent problems: (425) 775-6651.