



## POSTOPERATIVE CARE OF THE LARYNGOSCOPY/BRONCHOSCOPY/ESOPHAGOSCOPY PATIENT

### **Diet**

The patient should ingest large amounts of liquids for a week after surgery.

The patient should eat soft foods, which they will tolerate better since their throat may feel uncomfortable.

### **Pain**

Tylenol is usually sufficient to control discomfort.

A cool mist vaporizer will help alleviate dry throat.

### **Activity**

The patient should avoid strenuous activity, such as exercise, heavy lifting, sports, etc., for one week following surgery.

The patient should minimize their voice use for one week after surgery.

### **Problems**

You should report any unusual pain in the throat, nasal or oral bleeding, shortness of breath, cough or fever over 101 degrees to the physician immediately.

**PLEASE CONTACT OUR OFFICE AT 478-743-8953 IF YOU HAVE ANY QUESTIONS OR CONCERNS.**