

# Microdirect Laryngoscopy with Excision

## What to expect for your surgery:

The surgery will be performed under general anesthesia. The procedure usually lasts less than 30 minutes. You should expect to return home after the surgery.

The procedure involves using an instrument in the mouth to allow exposure of the voice box. A microscope is used to examine the vocal cords and any mass is removed.

Please make sure not to eat or drink anything after midnight the night before unless you need a small sip of water for medications on the morning of the procedure.

### Contact Info:

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# What to expect after your surgery:

Pain following the procedure is typically mild. Many patients do not require pain medication following the procedure. A prescription medication will be provided to control pain if needed. For mild pain, it is acceptable to use acetaminophen or ibuprofen. However, note that the pain prescription provided may contain acetaminophen and therefore, you should not use acetaminophen if you are also using the prescription pain medication.

Most commonly absolute voice rest (no talking at all) is required after the procedure for 48 hours. When voice use is resumed, you should avoid shouting or whispering as these strain the vocal cords. Additionally, your physician requests that you minimize phone use for 1 week following surgery.

There are no dietary restrictions following the procedure.

Please avoid any heavy lifting (less than 5 pounds) or straining until you are instructed that it is OK to do so. You may resume cardiovascular activity 1 day after surgery.

**Please call your physician if you experience any of the following: shortness of breath, coughing up blood, inability to swallow, fever >101, or excessive pain not controlled by the pain medication provided.**

# Your First Postoperative Visit:

A postoperative visit should be scheduled around 1 week after the procedure. If one has not been previously scheduled, please call the office for an appointment.

At your first postoperative visit a fiber optic camera will be used to examine your vocal cords. Additional follow up will be recommended and scheduled.

Your physician may recommend voice therapy after your surgery. If appropriate, this will be discussed at your follow up visit.

You should expect gradual improvement in the voice in the weeks that follow surgery. However, the degree of voice improvement varies from patient to patient and complete normalization of the voice is not always expected. Additionally, there may be a small group of patients who don't notice improvement. If you have continued voice complaints, you should discuss this with your physician at a follow up visit.

*These instructions can be found online at: **[Philadelphiasleepsurgery.com](http://Philadelphiasleepsurgery.com)***