**Instructions for laryngoscopy with therapeutic intervention**

Laryngoscopy with therapeutic intervention is usually an outpatient surgery performed by evaluating the larynx, including the true vocal cords with a variety of endoscopes and then performing a therapeutic intervention such as the excision of a mass or cyst or injecting fillers into a paralyzed vocal cord to improve the voice. The type of intervention will be determined by the causative pathology, but in general any intervention may cause temporary hoarseness and require some degree of voice rest. Recovery is relatively quick and most patients can return to full activity within a few days.

**What to Expect:**

* You may feel discomfort in the throat for several days. This will resolve without treatment.
* Your voice may be hoarse for several days. Staying hydrated and using a humidifier at night can help with this.
* you may be on voice rest depending on the procedure performed.

**Post-operative Care**

* You can eat normally, but soft foods are preferred for 1-2 days after the operation. A soft diet includes foods that are low in fiber, soft in consistency and bland in flavor.
* Use your voice as little as possible for the first 2 days after the operation, and when you do speak in a normal tone. Both whispering and shouting will cause unnecessary trauma to the vocal cords.
* For pain use the prescribed pain medicine as needed for pain.
* For nausea use the prescribed anti-nausea medication as needed (Zofran 8mg tablet or Promethazine 25mg tablet)
* Please call the office at (817)332-4060 if you have fever, pain or any other concerns.