

Laryngoscopy

Laryngoscopy is an exam that lets your doctor look at the back of the throat, including the voice box (larynx) and vocal cords, with a scope (laryngoscope).

What to Expect

- You may be hoarse for a while. This is normal and goes away with time. **Do not whisper. This can cause strain on the vocal cords.**
- For the first 24-48 hours, keep your head raised 30-45° (on at least 2 or more pillows) when you are resting.
- If you have a sore throat, drink plenty of liquids and eat only soft bland foods until your sore throat is gone.
- You may be required to have a period of voice rest. Follow the voice rest limit as told to you by your surgeon or speech therapist.
- Do not gargle.
- Do not to smoke. Smoking increases throat irritation and secretions.

If You Had a Biopsy

- Try not to clear your throat for the first 24 hours. This may dislodge a blood clot where the biopsy was taken.
- It will take about 48 to 72 hours for your doctor to receive the test results. The doctor will then inform you of your results.

Pain Relief

- Patients often complain of a sore throat. Before discharge, your doctor will prescribe pain medicine for you if you need it.

When to Call the Doctor

- **Shortness of breath or can't get your breath go to the nearest Emergency Room or call 911.**
- Severe trouble swallowing.
- Coughing up large blood clots.
- A fever greater than 100.5° F (when taken by mouth).
- Any feeling you are not recovering like you should.

Phone Numbers

ENT Clinic: **(608) 263-6190**, weekdays from 8:00 a.m. to 5:00 p.m. If you are from out of the area call toll free **1-800-323-8942**.

After clinic hours and weekends, the clinic number will be answered by the paging operator. Ask for the ENT resident on call. Be sure to leave your name, area code, and phone number. The doctor will call you back shortly.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©5/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4460.