

## Discharge Instructions: Direct Laryngoscopy /Panendoscopy with or without Biopsy

### What To Expect

- You may have a sore throat, mouth, or tongue; sore or swollen lips; or hoarseness after the procedure.
- A small amount of bleeding/oozing (that is coughed up) is normal for the first 1-2 days. You may bleed longer if you take a blood thinner like aspirin, warfarin, or Xarelto®.

### Wound Care

- Avoid acidic/caustic foods (like tomato sauce, orange juice, and alcohol) for the first few days.
- If you are bleeding from your mouth: Rinse your mouth and gently gargle with cool water 3 times a day.

### Pain Control

- Generally, over the counter Tylenol® (acetaminophen) will be enough to manage most of your pain. Please take as directed on the bottle.
- Bland foods (like yogurt, bread, rice, milk) cause less irritation and discomfort when eating.

### Recovery

- For a few days after the procedure, you may be hoarse, have voice changes, have some pain with swallowing or eating, or cough up small amounts of blood.
- You may resume your normal daily activities the day after surgery.
- Do not drive (or operate heavy machinery) if you are taking opioid medication such as Norco®, Lortab®, Percocet®, or OxyContin®.

### Call Us If...

- you develop shortness of breath or difficulty breathing, or swelling of your lips or mouth
- you experience bleeding that does not stop and increases in volume with coughing
- you have a fever of 101°F (38°C) or higher

Call the Head and Neck Center at **716-845-8186**. The center is open Monday – Friday, 8am – 5 pm. After hours, your call will be answered by our Call Center. You can also call Roswell Park 24/7 at **716-845-2300**.