

## Head and Neck Department/ENT Services

# Discharge Advice Following Laryngoscopy and Pharyngoscopy

### Definition

This is a procedure to examine your Larynx and Pharynx under general anaesthetic.

### Day of Discharge

Before you are discharged home, your consultant or his deputy will come to see you and agree your discharge from the ward.

### Nutrition

After your operation it is important that you continue with your normal dietary intake.

### Mobility

You may resume your normal activities as soon as you feel well enough to do so.

### Driving

It is not advisable to drive a vehicle for the first 24 to 48 hours after this procedure

### Bathing

You may shower or bath as normal following your operation.

### Return to Work

If you have been told to rest your voice for a period of time, then it is advisable to stay away from work until this period is over, otherwise you may return to work as soon as you feel well enough to do so.

### Wound Care

You may experience some discomfort and your throat may feel slightly sore, taking your normal painkiller will relieve this. If you have had a biopsy taken from your vocal cord, you may be advised to rest your voice for a period of time, your Consultant will discuss this with you after your operation.



# Patient Information

## Medication

Paracetamol may be taken for any discomfort.

## Problems

If you have any pain, contact your GP.

If you have any bleeding contact the ENT ward at University Hospital, **telephone 024 7696 7831**. They will advise you and you may be asked to return to the ward.

## Out-patients Appointment

If you need a follow up appointment in the out-patients department this will be sent to your home address; or alternatively you may be asked to see your own GP. You will be informed as to which applies to you before you leave the ward.

## Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

If you have any further queries, please contact the ENT Department on **024 7696 7831**.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the department on **024 7696 7831**

The Trust operates a smoke free policy.

## Document History

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