

**Vail Valley Ear, Nose & Throat Group, P.C.**  
105 Edwards Village Blvd., #C202, Edwards, CO 81632  
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## **POST-OP INSTRUCTIONS**

### **DIRECT LARYNGOSCOPY, BRONCHOSCOPY & ESOPHAGOSCOPY**

Recovery from a Direct Laryngoscopy, Bronchoscopy and/or Esophagoscopy is usually relatively easy. You will usually be discharged home on the day of surgery, and your main difficulty will be a sore throat for a few days. You may also experience some pain or numbness in the tongue and/or the upper teeth. If biopsies were taken, you may experience some pain in the region of the biopsy. The pain, swelling and numbness usually resolve within a week.

To minimize your discomfort and to aid in healing I recommend following a soft diet for one week. Liquids and soft foods that do not need to be chewed are best. Avoid anything that scratches on the way down, such as chips, toast or tacos. You may also want to avoid acidic foods and beverages as these may sting going down. I also recommend avoiding any strenuous activity for about a week.

Tylenol is usually adequate for pain relief. If you are experiencing more severe pain, please call me and I can call in a stronger pain killer.

I should see you in the office about a week after surgery, sooner if necessary. Please call to make an appointment, if one has not already been made.

Rare complications to be aware of include severe chest pain, high fevers, severe difficulty swallowing or coughing up blood. Please call me immediately should any of these occur, or if you have any questions or concerns.