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## Laryngoscopy Home Care Instructions

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

### Why It Is Done

- Find the cause of voice problems, such as a breathy voice, hoarseness, weak voice, or no voice.
- Find the cause of throat and ear pain.
- Find the cause for difficulty in swallowing, a feeling of a lump in the throat, or mucus with blood in it.
- Check injuries to the throat, narrowing of the throat (strictures), or blockages in the airway.

### Activity/Restrictions

- Do not eat or drink anything for about 2 hours after a laryngoscopy or until you are able to swallow without choking. You can then start with sips of water. When you feel ready, you can eat a normal diet.
- Do not clear your throat or cough hard for several hours after the laryngoscopy.
- If your vocal cords were affected during the laryngoscopy, rest your voice completely for 3 days.
- If you speak, do so in your normal tone of voice and do not talk for very long. Whispering or shouting can strain your vocal cords as they are trying to heal.
- You may sound hoarse for about 3 weeks after the laryngoscopy if tissue was removed.
- If nodules or other lesions were removed from your vocal cords, you may have to follow total voice rest (no talking, whispering, or making any other voice sounds) for up to 2 weeks.

### Risks

All types of laryngoscopy have a small chance of causing swelling and blocking the airway. If you have a partially blocked airway because of tumors, polyps, or severe inflammation of the tissues at the back of the throat (epiglottitis), you may have a higher chance of problems.

If complete blockage of the airway occurs, which is rare, your doctor may need to put a tube in your throat to help you breathe. Or, very rarely, your doctor may have to make a cut (incision) in your neck (a tracheotomy).

If a biopsy was taken, there is a very small chance of bleeding, infection, or a tear in the airway.

If a biopsy was taken, it is normal to spit up a small amount of blood after the laryngoscopy. Call your doctor immediately if you:

- Have a lot of bleeding or if the bleeding lasts for 24 hours.
- Have any difficulty breathing.