ENT AND ALLERGY SPECIALISTS

Brian J. Broker, MD
Laurence V. Cramer, DO
Paul B. Swanson, MD
Chris D Pool, MD

Rachael McQuillan, CRNP
Nicole Podjed, PA-C
Kaitlyn Gilsenan, PA-C
Megan Grady, PA-C

Post Operative Instructions:

Laryngoscopy/Esophagoscopy

Diet:

You may experience some sore throat or a sore tongue from the operation. Because some patients suffer from nausea or occasionally vomit after general anesthesia, it is always a good idea to eat a light meal or just liquids after the operation. You may resume your normal diet the next day. Please drink plenty of fluids. Dehydration is extremely harmful to the vocal cords.

Voice Rest:

1. Please observe relative voice rest for at least _____ days.
2. Hoarseness may last up to 2-3 weeks. During this time, tissue swelling will gradually decrease and the lining of the vocal cords will regenerate.
3. If you must speak, please do so in a normal tone of voice. This creates fewer traumas to the vocal cords than whispering or shouting.
4. Avoid excessive coughing or throat clearing. These are two of the most damaging things you can do to the vocal cords, especially during the healing process.

Medications: ☐ See Rx, use as directed ☐ No Rx given

Please call the office at 610-415-1100 if you experience any of the following symptoms: Increasing neck, throat, chest or back pain, elevated temperature greater than 100.5 degrees, shortness of breath, noise when breathing, increasing pain or difficulty swallowing, coughing or spitting up blood. If the doctor does not return your call in 15 minutes please go to the nearest Emergency Room.

Please call our office for a follow up in _____ weeks at 610-415-1100 to schedule.

**Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications

**** If you are unable to reach a Doctor after hours call the answering service directly @ 610/792-2806**

Post Operative instructions reviewed. All questions have been answered.

Patient/ Guardian Signature: _____ Date: _____

Staff Signature: _____

Blue Bell: 510 Township Line Road, Suite 200, Blue Bell, PA 19422 Tel: 610-415-1100 Fax: 610-415-1101
Phoenixville: 826 Main Street, Suite 201 Phoenixville, PA 19460 Tel: 610-415-1100 Fax: 610-415-1101
Bryn Mawr: 825 Old Lancaster Road, Suite 300 Bryn Mawr, PA 19010 **Tel:** 610-415-1100 **Fax:** 610-415-1101
Pottstown: 5 South Sunnybrook Road, Suite 300 Pottstown, PA 19464 **Tel:** 610-415-1100 **Fax:** 610-415-1101