

# Discharge information: post Microlaryngoscopy under General Anaesthetic (GA)



MEG  
MELBOURNE ENT GROUP

**Dear Patient/Carer:**

**Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.**

## Medications:

### Pain Management:

- Most patients do not experience significant pain after this procedure.
- However there may be some mouth and throat discomfort which will improve over a few days.
- Simple over the counter analgaesics should be adequate (e.g. **Paracetamol, Nurofen®**)
- There may be some minor neck and jaw pain and stiffness which will improve over a few days.

## Wound Care:

### ▪ **Strict Voice Rest:**

- The amount of voice rest depends on the nature of the procedure performed, but can range from a **few hours to 5 days**.
- Your **MEG ENT specialist** will advise you.
- Strict voice rest for the prescribed amount of time implies:
  - No talking,
  - No whispering,
  - No singing
  - Minimising coughing & throat clearing
- You will then gradually return to normal voice use, usually under the guidance of a speech pathologist.

### ▪ **Neck Incision Site**

- **If** an external neck incision has been made this will generally be covered by a small waterproof dressing.
- This dressing should remain dry and intact for 7 days after the procedure.
- If the dressing gets wet, just pat it dry and leave in place.
- **Sutures (stitches)** are generally dissolvable and do **not** require specific removal, but where the sutures require removal, your **MEG ENT specialist** will advise you.

## Diet:

- Generally, you will be able to resume a full normal diet the same day of surgery.
- If your procedure involved the oesophagus (food pipe) then your **MEG ENT specialist** will advise you of any dietary modifications, and may instruct you to eat a soft diet for a few days.
- Ensure you maintain an adequate fluid intake to help with healing and recovery from the procedure.

### **Return to Normal Activities:**

- As this procedure is performed under general anaesthetic, you will need to be away from work for at least 48 hours after the procedure.
- Your return to work will also be limited by the degree of voice rest prescribed (SEE ABOVE), and your general recovery.
- Your **MEG ENT Specialist** will advise you.

### **Attend your nearest Emergency Department or Call 000 if:**

- Breathing or swallowing becomes progressively difficult consult your doctor or contact the hospital immediately.
- You develop any neck pain, redness or swelling.

### **On your Postoperative Appointment:**

- Your speech pathologist +/- **MEG ENT Specialist** will listen to your voice and provide you with appropriate vocal exercises.
- A repeat endoscopy / stroboscopy to look at the larynx will be performed on your initial or second post-operative visit.

***We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.***

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