

# Discharge information: post Microlaryngoscopy under Local Anaesthetic (LA)



**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:

Generally, no specific post procedural medications are prescribed.

### Pain Management:

- Most patients do not experience significant pain after this procedure.
- However there may be some nose & throat discomfort which will improve over a few days.
- Simple over the counter analgesics should be adequate (e.g. **Paracetamol, Panadeine®**)
- There may be some minor neck pain and bruising if an injection was performed 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 injection site**

- Generally **no** specific care is required.
- A small dressing may be placed over the puncture site and this can be removed after 48 hours.

## Diet:

- After a delay of approximately 1 and ½ hours, (for the local anaesthetic to wear off), you may eat and drink as normal.
- If your procedure involved the oesophagus (food pipe) then your doctor 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 local anaesthetic, you are able to return to work the day of the procedure if desired.
- Your return to work will also be limited by the degree of voice rest prescribed (SEE ABOVE)
- 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 or neck swelling consult your doctor or contact the hospital immediately.

**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 may be performed.

***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.***