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NURSING DISCHARGE HOME CARE INSTRUCTIONS **ENDOSCOPY/ LARYNGOSCOPY**

ACTIVITY:

- **VOICE REST (NO TALKING)** as directed by MD for 7-14 days
- **Avoid whispering and throat clearing.** (It is common to have a hoarse voice after surgery)
- **NO** strenuous activity that may increase the risk of bleeding until follow-up MD appointment (This means no jogging, swimming, biking, etc.)
- Resume normal activities within 48 hours

DIET:

- Sit upright (90 degrees) for meals
- Eat a variety of bland, soft foods that are easy to swallow for the first few days (Example: mashed potatoes, applesauce, banana, ice cream or pasta)
- **Anti-reflux foods** (No carbonated drinks, no chocolate, no red sauce, and no alcohol. Avoid citrus, salty or spicy foods.)
- **Drink plenty of fluids** (8-10 glasses daily)
- Maintain good oral hygiene after meals

DISCOMFORT:

- It is normal to have mouth discomfort and discomfort at the operative site. This can normally be treated with Tylenol.
- **DO NOT** take Aspirin or Ibuprofen products (Motrin and Advil) at this time.
- If your doctor thinks it is necessary, pain medication may be prescribed.

RESUMING MEDICATION:

- You may resume your routine medications after discharge.
- Please continue to **avoid "blood thinning" medications** such as Aspirin products, Advil, Aleve, Motrin, Ibuprofen, Ginseng, Ginkgo or Coumadin. For those patients that take these medications, the plan will be individualized for you by your physician as to when to restart the medications.

CALL YOUR DOCTOR IF:

- Your temperature is greater than 101 degrees Fahrenheit by mouth.
- You have bleeding, difficulty swallowing, or you vomit blood.
- You have shortness to breath or increased difficulty breathing. Your doctor may instruct you to go to the Emergency Room or dial 911 for emergency assistance.

Patient Signature _____ Date _____

Nurse Signature _____ Date _____