



**LOYOLA  
MEDICINE**

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## **NURSING DISCHARGE HOME CARE INSTRUCTIONS OFFICE –BASED LARYNGEAL PROCEDURES**

### **BEFORE TREATMENT:**

- You may have clear liquids during the 3 hours prior to treatment. No solid food within 3 hours of your procedure.
- **No** Aspirin, Motrin, Ibuprofen, Aleve or NSAID's, Coumadin or Vitamin E for one week prior to treatment. Tylenol/Acetaminphen is allowed.
- Wear clothing that is loose around the neck; do not wear any jewelry/ necklaces around the neck.
- On your first visit, please have someone accompany you.

### **FOLLOWING TREATMENT:**

- **Nothing to eat or drink following treatment for approximately 1 ½ hours**
- **No significant exertion or exercise for one week after the procedure**
- **Voice rest post-procedures as discussed with your surgeon**
- **Follow-up as discussed with Dr. Akst**

**Please call our office at 708-216-9183 with any questions or concerns.**