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FACIAL PLASTIC & COSMETIC SURGERY
ALLERGY TESTING & TREATMENT
HEARING AID SALES & SERVICE

Post-Operative Instructions Direct Laryngoscopy, Bronchoscopy and/or Esophagoscopy

This procedure is performed to examine the airway (larynx/voice box, trachea/windpipe, bronchi) and/or swallowing tube (esophagus) using endoscopes, which are rigid or flexible tubes with special lights, telescopes, and cameras. The procedure is done to evaluate both the structure and function of these areas. Sometimes biopsies or removal of tissue will be part of the procedure. The recovery period after this procedure is generally smooth and uncomplicated.

- **DIET:** Liquid is essential. Start with ice chips, sips of water, or your favorite fruit juice, then progress to at least an 8 ounce glass of liquid per hour until you are able to tolerate solid food. If swallowing liquids causes chest pain or shortness of breath, please contact your doctor.
- **ACTIVITIES:** Rest with limited activity for 24 to 48 hours. Avoid lifting, straining, or vigorous activities.
- **PAIN:** A sore throat (and possibly gums) are common after surgery and may affect swallowing. Take pain medications as prescribed if needed. DO NOT take aspirin or aspirin products for pain relief; this may increase your risk of bleeding.

Helpful Hints:

- Cold liquids, non-acidic juices, sherbet ice cream, and popsicles are tolerated better the first 24 hours.
- Progress to soft foods gradually (jell-o, custard, scrambled eggs, mashed potatoes).
- Avoid acidic foods/juices (orange, tomato), salty and fried foods (potato chips, french fries, hard toast).
- Drink plenty of fluids to keep your throat moist.
- Avoid all alcohol beverages and smoking.
- Absolute voice rest may be required for up to seven days. Do NOT whisper, use pencil and paper. Your doctor will inform you specifically regarding this matter.

CONTACT YOUR PHYSICIAN IMMEDIATELY FOR: •Chest pain •Lightheadedness •Persistent vomiting •Difficulty breathing
•Fever over 101 degrees •Inability to swallow •Progressive low neck pain

A post-operative appointment has been scheduled for _____

LOCATION:

- | | |
|--|---|
| <input type="checkbox"/> Southwest
1555 44 th St. SW Wyoming MI 49509 | <input type="checkbox"/> Northeast
1425 Michigan NE Grand Rapids MI 49503 |
| <input type="checkbox"/> Mecosta
705 Oak St. Big Rapids MI 49307 | <input type="checkbox"/> Hastings
915 W. Green St. Hastings MI 49058 |
| | <input type="checkbox"/> Greenville
403 S Nelson St Greenville MI 48838 |

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