

**ARKANSAS OTOLARYNGOLOGY CENTER  
POSTOPERATIVE INSTRUCTIONS FOR LARYNGOSCOPY**

1. Unless otherwise instructed, your first post-op appointment will be about 7-10 days after surgery.
2. Activities - No exertion or lifting more than 10-15 pounds until your first postoperative visit.
3. You require voice rest for \_\_\_\_ days. Use a note pad to communicate and try not to talk at all during this time.
4. Prescriptions for antibiotics (if indicated) and pain medication are given at the time of discharge.
5. Diet - Your first meal after surgery should be clear liquids. If you have no nausea or vomiting you may gradually increase your diet to regular food.
6. Medication: Pain, nausea and other medications will be prescribed by your physician as indicated. **Do not** use aspirin or ibuprofen products unless approved by your physician.
7. Breathing or respiratory concerns should be reported to your physician immediately.

If you have any questions regarding your comfort or care, please contact our office (office: 227-5050) or after hours, the Medical Exchange at 501-663-8400.

**Medical Exchange (after hours doctor on call) 501-663-8400**

Surgery center hours are Monday-Friday from 7:30am to 5:00pm. If you need to see a physician after hours do not return to the surgery center, go to the emergency room.