



POST OPERATIVE INSTRUCTIONS

Pan-Endoscopy with Biopsy (Direct Laryngoscopy/Esophagoscopy/Bronchoscopy)

Please read these instructions carefully. If you have any questions or concerns, please call the office at 347-0505.

The post operative patient will be discharged from the Outpatient Department of the hospital, after he/she is fully awake and the danger of serious bleeding is slight. The patient may be drowsy and nauseated. You may wish to bring a container in the car in case car motion causes the patient to become sick en-route home. Upon arrival at home, please allow the patient to rest as much as possible.

WHAT TO EXPECT AFTER YOUR PROCEDURE

1. **Discomforts After Surgery** -- Complaints of sore throat, ear pain, stiff neck, headache, sour breath, and not being able to taste or smell things very well, may occur. These symptoms are due to tenderness at the biopsy site. Secondly the procedure does put pressure on nerves in the area making the pain radiate to other areas of the head and neck. The pain medication prescribed should ease these symptoms. Gum chewing is also recommended to help alleviate the throat and ear pain, as well as the sour breath. Do not use *Aspergum*, as this contains aspirin which may promote bleeding. Brushing the teeth and breath mints should help ease the problem of foul breath. All these symptoms should subside over the next few days.

2. **Diet** -- It is extremely important to drink adequate amounts of fluids during the recovery period. Liquids include pudding, jello, popsicles, ice cream, & yogurts as well as juice, water, milk, broth, etc. Giving pain medication 15-30 minutes prior to offering fluids may help. Diet may be advanced as tolerated.

3. **Activity** -- No restrictions unless you are told otherwise by your doctor.

4. **Fever** -- A temperature of 101 to 101.5 is not unusual following surgery. It should come down in response to the Tylenol in the pain medication. Notify us if it does go higher.

5. **Bleeding** -- Blood tinged sputum or blood with coughing is normal and will resolve after a few days. However, if bleeding is persistent (even at rest) and bright red, notify Dr. Phillips or Chang right away.

6. **Medications** -- At the pre-operative visit, prescriptions will be given. These are to be filled at your convenience for use after the surgery. These include an antibiotic to prevent infection, a pain medication for discomfort, and one to ease nausea. We ask that you take these as directed.

7. **Return Appointment** -- A post operative appointment will be scheduled for about 1-2 weeks after the surgery. This gives Dr. Phillips or Dr. Chang the opportunity to assess the surgical site and assure you that the healing process is proceeding normally.

CALL YOUR DOCTOR IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING

1. **Severe neck stiffness** -- cannot touch chin to chest & is accompanied by fever, extreme fatigue, and marked headache.
2. **Fever** over 101.5 degrees.
3. **Bleeding** which persists and is bright red.
4. **Signs of dehydration** - no intake by mouth, lethargy, no urine output.