

**DIET:**

1. A light diet, such as gelatin, liquids, popsicles and broth, is best for the first 24 hours following surgery. Avoid spicy, hot or gaseous foods.
2. If patient experiences nausea or vomiting, avoid giving solid foods. Try tea, Gatorade, 7-Up, etc. until nausea passes.

**MEDICATIONS:**

Continue routine medications.

Patient given Rx: \_\_\_\_\_

You may **alternate** Ibuprofen with your prescribed pain medication, unless directed differently. **DO NOT TAKE ASPIRIN**. If you are **NO LONGER** taking prescribed pain medication, you may alternate Tylenol with Ibuprofen for pain control.

If taking prescribed pain medication, adults should not drink alcoholic beverages or drive a car.

**GENERAL ANESTHETIC:**

After a general anesthetic, the patient may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with the patient for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery or make important or legal decisions for up to 24 hours.

**ACTIVITY:**

1. Plan to rest for the next 24 hours.
2. You will feel sleepy most of the day. Return to bed for a nap after you get home.
3. Tomorrow you may still feel tired. Children should rest at home, but may be up and about according to the surgeon's instructions.

**SPECIAL INSTRUCTIONS:**

1. You may be hoarse for a few days. Therefore, plan to rest your voice for at least 2-3 days.
2. When you cough, you may see flecks of blood in your mucus. This is normal if a biopsy was done.
3. It is strongly advised that you avoid smoking for the first 24 hours after surgery. Your lungs still contain some anesthetic gases and smoking just adds an unnecessary burden. Smoking may also cause an increase in nausea during this period. Throughout the day and evening, occasional deep breathing will aid the lungs to rid themselves of the gases.

**FOLLOW-UP:**

Office appointment \_\_\_\_\_

Keep appointment as made during patient's pre-op visit.

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MISCELLANEOUS:**

Contact physician if patient experiences:

1. Excessive bleeding
2. Worse pain not relieved by medication.
3. Persistent temperature greater than 101° F, and lasts for eight or more hours.

**Drs. Jetmore, Bawa, & Hiron**

Telephone (765) 966-1600  
Toll Free (800) 891-1633

For serious problems report to your nearest Emergency Department.

Instructions explained by: \_\_\_\_\_ Date: \_\_\_\_\_

I understand the above: \_\_\_\_\_ Relationship: \_\_\_\_\_

**PATIENT INSTRUCTIONS**

**MICROLARYNGOSCOPY**

**DRS. JETMORE, BAWA, & HIRONS**

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