

Barry S. Tatar, M.D.

Board Certified Otolaryngology
specializing in the medical & surgical treatment of the ear, nose, throat & sinuses

8178 Lark Brown Rd. Suite 101
Elkridge, MD 21075-6438
410.799.3940 fax 410.799.3944
www.dratar.com

DIRECT LARYNGOSCOPY POSTOPERATIVE INSTRUCTIONS

Voice Rest:

Avoid talking for 48 hours.

Activity:

Rest and quiet activity for 48 hours.

Diet:

Start with liquids and soft diet. Resume a normal diet as tolerated.

Bleeding:

There may be a small amount of blood in the sputum for 48 hours.

Pain:

Pain should be controlled with the prescribed narcotic. Tylenol or acetaminophen can be used when a narcotic is no longer needed. Avoid aspirin or aspirin-like products like Motrin, Advil, Ibuprofen, or Aleve/Naprosyn since increased bleeding can result.

Nausea:

Take prescribed anti-nausea medicines if needed.

Breathing:

If there is increased difficulty breathing, call Dr. Tatar.

A post-op visit is recommended in 1-2 weeks.

CALL DR. TATAR IF THERE ARE QUESTIONS OR PROBLEMS. 410-799-3940