



## **Laryngoscopy**

1. Avoid aspirin and ibuprofen products 10 days before and after your procedure.
2. You may experience a mild sore throat for the first few days after your procedure. You may have hoarseness or raspiness to your voice.
3. You may start with a soft diet the first few days, but we encourage you to return to your normal diet as soon as possible. We do suggest that you avoid acidic and sharp edged foods the first 7 days.
4. Please contact our office if you experience any difficulty swallowing, increasing sore throat or a persistent temperature over 101°, or cough productive of blood.
5. If you are undergoing a procedure on your vocal cords, 14 days of voice rest are recommended. Voice rest and cessation of smoking are imperative to your healing process.
6. Please contact our office at (678) 902-9495 if you have any questions.