



Patient & Family Guide  
2019

# After Throat Surgery

Direct Laryngoscopy  
Throat Surgery

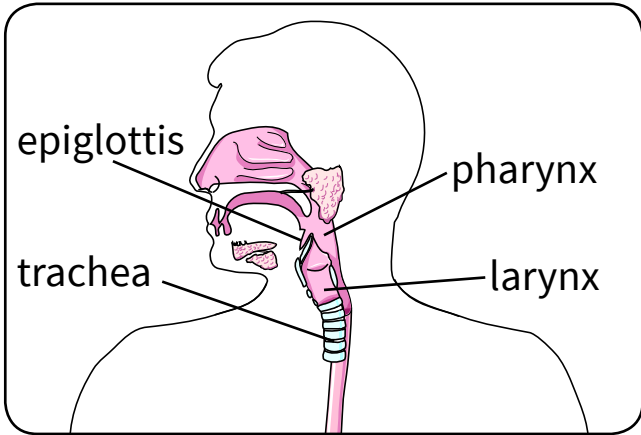


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# After Throat Surgery

This is a guide to help you with your care at home.

Your surgery is called \_\_\_\_\_.



## Medication

- Take medication as prescribed by your doctor.
- **Do not drink alcohol while taking pain pills.**



## Activity

- You may return to your usual activities.
- Ask your doctor before you do any sports or vigorous (hard) exercise.

## Healthy eating

- Drink plenty of fluids.
- Avoid foods that are rough or have sharp edges (e.g., potato chips).
- Chew all food well before swallowing. Take your time.

## Other information

- Do not gargle unless your doctor tells you to. You may rinse your mouth.

## Followup appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

## If you have any problems or questions, call:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

If your doctor is not available and you have an emergency, go to the nearest Emergency Department.

# Direct laryngoscopy discharge instructions

- Rest your voice for 48 hours (2 days).
- Drink plenty of fluids for 1 week to keep your throat moist.

## Special instructions:

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Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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The information in this pamphlet is to be updated every 3 years or as needed.