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## Panendoscopy and Laryngeal Surgery

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**Leaving the hospital:**

1. If you have not already been given a postoperative appointment, please ring our office and arrange a visit for approximately 1 week after surgery.
2. Any medication you are prescribed should be taken as directed on the bottle. Typically you will only need to take simple pain relief and occasionally some antibiotics.
3. There are no dietary restrictions.

**Precautions:**

1. GENTLE nose blowing is OK 48 hours after surgery.
2. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
3. You may anticipate a certain amount of discomfort after the surgery, but this is typically well controlled by pain tablets.
4. DO NOT plan to drive a car home from the hospital. Someone should drive you home.
5. You should not perform any heavy lifting (more than 5 kilograms) or vigorous physical activity for three weeks after surgery.
6. Do not whisper or yell after your operation. You should use your normal speaking voice and only talk to people when they are within arms reach.
7. If you have had a tonsil biopsy you should expect pain for 7-10 days and it is often felt in the ear around day 4-7.

**Pain Management:**

- Paracetamol (panadol) and on occasion a stronger pain killer are usually all that is required. Beware some strong pain medications can cause constipation. Keep your fluid intake high and a diet high in fibre will help avoid this.
- Pain usually settles within 3 to 4 days.
- If these measures are not controlling your pain then contact your anaesthetist or us at the rooms.

**Nausea and Vomiting:**

While it is not uncommon to get some nausea and or vomiting after surgery it is not usually severe or long lasting.

If you find you have persistent nausea and vomiting then contact your anaesthetist or the rooms.

