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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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# Aftercare advice following laryngoscopy, pharyngoscopy or oesophagoscopy

## Discomfort

If you have any discomfort after the operation, soluble paracetamol should relieve this. Please follow the instructions on the packet.

If you have increasing pain, difficulty eating, feel unwell or develop a fever you should speak to your GP or contact the ENT department on the number given below.

## Activity

You should rest at home for a few days after the operation.

You should not smoke.

If you have had a biopsy taken of your vocal cords you should speak as little as possible for the first 2 days.

You may have some blood stained phlegm in the first 24 hours.

## Diet

You can eat normally when you return home. **BUT please do not drink hot drinks for 24 hours** after the operation.

## Follow up

You will either be sent, or be given, a follow up appointment if your surgeon wishes to see you again.

## Further advice and Information

Day Surgery Unit (between the hours of 7.30 am and 5 pm) on 017222 336262 ext 4554

Ear Nose and Throat (ENT) Department (normal working hours) 01722 336262 ext 2209 or 2121

In the case of an emergency, please call your GP or go to your nearest Emergency Department.

**Day Surgery Department**  
**01722 336262 ext 4554**