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## **Laryngoscopy/Esophagoscopy/Bronchoscopy (Panendoscopy) Post-Operative Instructions**

- You will have a mild to moderate sore throat for 3-4 days.
- Prescription pain medicine is not usually necessary after this procedure unless other procedures were done in addition to panendoscopy.
- You should eat soft food that is not spicy and easy to swallow.
- There may be some minor bruising or abrasions on the lips or inside the mouth.
- Your ENT doctor will advise you as to whether or not you need to rest your voice and how long you need to rest it. If you are told to rest your voice then you need to completely rest your voice. This means that you cannot talk or whisper. You will need to write down messages or send text messages in order to communicate. Voice rest is important if a lesion was removed from the vocal cord.
- You should have a follow-up appointment in about 7 days. A repeat flexible laryngoscopy is often necessary at this office visit to inspect the healing status of the larynx.
- Call if you have any of the following:
  - Fever greater than 101 deg F
  - Difficulty breathing
  - Difficulty swallowing
  - Chest pain
  - Any other concerns not addressed on this page
- If you need to go to the emergency room then please go to Medical City Las Colinas at 6800 N. MacArthur Blvd. Irving, Texas 75039.
- Our office number is (972)253-4280