



FOOTHILL ENT CARE SPECIALISTS, INC.

LEWIT WORRELL, M.D.

Adult & Pediatric: Ears, Nose, Throat
Head & Neck, Facial Plastic Surgery

POST OPERATIVE CARE FOR MICRODIRECT LARYNGOSCOPY

1. *Activity:* Rest and stay indoors especially for the first 24hrs. Restrict physical activity to a minimum (including sexual activity). Voice rest is recommended for about a week unless otherwise instructed
2. *Diet:* Within the first 24hrs stick to clear fruit juices and slowly progress to your usual diet.
3. *Medication:* Usually the doctor will give pain and/or antibiotic medication. Take it as instructed on the label. If you have a reaction to the medication call the medical offices. DO NOT TAKE any aspirin or aspirin containing medication e.g. Aleve, Advil
4. *Fevers:* It is not unusual to have low-grade fever postoperatively, however if it persists take Tylenol. If it does not resolve call the medical offices.
5. *Post-op appointments:* Should be made as instructed by your doctor, however please call the office to confirm all post-op appointments.
6. *Bleeding:* Please notify the doctor if there is persistent bloody saliva after 24hrs
7. *There are no silly or dumb questions. Please call the medical office day or night if you have a question regarding your care.*

**Medical office numbers:
909-599-6611**