



**FARMINGTON**  
EAR, NOSE & THROAT



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### **POSTOPERATIVE INSTRUCTIONS FOR ENDOSCOPY**

The following instructions are for patients who have undergone an endoscopy with or without biopsies. This includes nasopharyngoscopy, laryngoscopy, esophagoscopy and/or bronchoscopy. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

- **Pain-**Nearly everyone has some degree of throat pain and hoarseness following an endoscopy. This is normal. Often plain Tylenol in liquid or pill form is enough to control the pain. If a narcotic pain medication was prescribed it should be used if Tylenol is not controlling the pain. The medication should be continued for as long as needed and the dosage can be varied depending on the severity of the pain. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**
- **Fever-** A low grade fever of 99 to 100 degrees Fahrenheit is normal. Please call if your fever is greater than 101 degrees.
- **Voice Rest-** You will be asked to rest your voice for several days after the procedure. Do not strain your voice by singing, yelling, etc. Postoperative hoarseness is normal and depending on your particular surgery will last a variable time.
- **Biopsy Report-** If you had a biopsy during your surgery, a written report should be in our office 5-7 days after your surgery. Dr. Roberts will go over the results with you on your postop visit.
- **The Wound-** If biopsies or laser surgery have been a part of your particular procedure, you may notice some blood-tinged mucous. Any excessive bleeding should be reported to my office.
- **Activity-** After a recovery period of a few days you should be able to return to normal activity.

Please call the office if you have any problems or questions. After hours you can reach me through the hospital at 573-756-6451.