Postoperative instructions

Laryngoscopy

Montfort
Hôpital universitaire
Academic Hospital

Your return home

Diet:

- Avoid any acidic foods, carbonated foods or any other foods that may cause acid reflux for one week.

Daily activities:

- All levels of activities are permitted.
- Talk normally. Do not yell, scream or whisper for one week after the surgery.
- You may shower or take a bath.
- No driving for 24 hours after surgery, or longer if you are taking pain medication.

Possible symptoms:

- Nausea and vomiting. If necessary, take Gravol™.

Pain control

- Pain is usually mild and should be easily controlled with Tylenol™ or Extra-Strength Tylenol™.
- Avoid taking ibuprofen (Advil™, Motrin™) or Aspirin™ for one week.
- You may resume all of your regular medications immediately.

Call your doctor or visit your nearest Emergency Department if you:

- become suddenly short of breath.

Next appointment:
Date:

Time:

713 Montréal Rd. Ottawa ON
T 613.746.4621 **hopitalmontfort.com**

5100268 (14-01)