

Surgeon - Dr. Manoj Kumar

Date of Procedure _____

Laryngoscopy with Biopsy

What is the throat?

The throat is a ring-like muscular tube that acts as the passageway for air, food, and liquid. The throat also helps in forming speech.

The throat consists of:

- ⑩ The larynx (also known as the voice box). The larynx is a cylindrical grouping of cartilage, muscles, and soft tissue that contains the vocal cords. The vocal cords are the upper opening into the windpipe (trachea), the passageway to the lungs.
- ⑩ The epiglottis. A flap of soft tissue located just above the vocal cords. The epiglottis folds down over the vocal cords to prevent food and irritants from entering the lungs.

Laryngoscopy

This is an exam of the back of your throat, including your voice box (larynx). Your voice box contains your vocal cords and allows you to speak. A laryngoscopy may be done in different ways:

- ⑩ Fiberoptic laryngoscopy (nasolaryngoscopy) – uses a small, flexible telescope. The scope is passed through your nose and into your throat. This is the most common way that the voice box is examined and often is performed in the office setting. Under most circumstances, no biopsies are performed. You are awake for the procedure. Numbing medicine will be sprayed in your nose so you will not feel the scope pass.
- ⑩ Direct laryngoscopy – uses a tube called a laryngoscope. The instrument is placed in the back of your throat. The tube may be flexible or stiff. This procedure allows the doctor to see deeper in the throat and remove a foreign object or sample tissue for a biopsy. This procedure is done in our surgical center while you are asleep. It is done using general anesthesia, meaning you will be asleep and pain-free.

What to expect after surgery?

- ⑩ Resume normal activities gradually
- ⑩ DO NOT cough or attempt to clear your throat forcefully
- ⑩ You will have a sore throat – lozenges and cold drinks/ice pops will help with this soreness
- ⑩ Strict voice rest for seven days after surgery. This means NO TALKING. Whispering is more stressful on your voice than talking, so if you must speak, DO NOT WHISPER.
- ⑩ Partial voice rest is recommended for 3 weeks after surgery
- ⑩ Call Dr. Kumar at his office at 607-753-6560 if you experience severe bleeding or pain, a temperature over 101°F, or difficulty swallowing and breathing.
- ⑩ Remember to keep your post-operative appointment

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Risks

Laryngoscopy is a safe procedure. Risks depend on the specific procedure, but may include:

- ⑩ Allergic reaction to anesthesia, including breathing and heart problems
- ⑩ Infection
- ⑩ Major bleeding
- ⑩ Nosebleed
- ⑩ Spasm of the vocal cords, which causes breathing problems
- ⑩ Ulcers in the lining of the mouth/throat
- Injury to the tongue or lips

Thank you for allowing us to care for you at the Cortland Surgical Center

if you have any questions please contact us at (607) 662 - 4521