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## **NORTHERN ORANGE COUNTY ENT MEDICAL CORP**

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## **DIRECT LARYNGOSCOPY WITH BIOPSY**

### **WHY DO I NEED SURGERY?**

The purpose of this procedure is to make a diagnosis of a growth on the voice box. Most of the masses found in the voice box are benign. However, with a history of smoking, the risk of a cancerous mass is high. Because of this, a biopsy is taken.

### **WHAT HAPPENS DURING SURGERY?**

This procedure is done under general anesthesia. This procedure usually lasts about 1 hour to 1-1/2 hours. This surgery is done on any outpatient basis.

Most of the difficulty occurs when we are exposing the masses located within your voice box. After the masses are removed from the voice box, sometimes a frozen section can be sent to pathology for further study.

### **WHAT TO EXPECT AFTER SURGERY?**

Usually in the recovery area, the patient is asked not to talk after the surgery. A three-week period of voice rest will be prescribed; often called the 1-2-3 Rule. For the first week after surgery we ask you not to talk at all. During the second week you will be asked to speak in the lower registers of your voice. In the third week, you may resume talking normally. However, shouting or talking loudly during this time is not recommended. It is helpful to have a humidifier to assist in hydration of the voice box after surgery.

As the procedure is done on an outpatient basis, most patients go home after the surgery. You should arrange for someone to drive you home after this procedure.

Pain should be minimal.

Clear liquids are recommended, especially five to eight hours post surgery. Frozen yogurt is an excellent choice after the surgery, as it will help to soothe the throat.

Typically a follow up visit will be scheduled for seven days after your surgery to review the pathology reports. Another followup visit is done after that; about two to three weeks later to check on your recovery.

### **WHAT ARE POSSIBLE RISKS AND COMPLICATIONS OF THE SURGERY?**

As with any type of surgery done under general anesthesia there are risks including a reaction to the drugs, breathing difficulties and even death.

If the patient does not abide by the postoperative instructions listed in WHAT TO EXPECT AFTER SURGERY, the growths may recur. IT IS EXTREMELY IMPORTANT THAT YOU DO NOT TALK FOR SEVEN DAYS AFTER THE SURGERY.

Generally, there are minimal risks to this procedure. You may however, experience bleeding or coughing, but should be minimal. Some patients have lost their teeth because they have a small airway. However, we have no way of predicting this before the surgery.

If you have any further questions after having carefully read the above information, please feel free to discuss it with me in your preoperative evaluation, prior to any surgery. Remember, there are no dumb questions! We want you to be fully informed and comfortable prior to your surgery. Please bring a family member or friend with you to the preoperative visit. THIS IS MANDATORY. Please sign and return this form to our office when you come for your preoperative appointment.

Respectfully yours,

**JAMES J. LEE, M.D., F.A.C.S.**

I understand the above information and consent to the surgery.

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Patient Signature

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Patient Name-Printed

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Date