



Laryngoscopy and pharyngoscopy: aftercare advice

Information for patients from Day Surgery

You have had your larynx (voice box) and pharynx (throat) examined / treated under general anaesthetic.

When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a general anaesthetic, avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a general anaesthetic, do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.

How will I feel after my procedure?

- Your throat may be sore for a few days. It should not prevent you from eating normally.
- You may find you are quite hoarse for a few days, but your voice will recover.
- If tissue was removed from your vocal cord, it takes one to two weeks for your vocal cords to heal. Rest your voice completely for that period.

Do I need to take painkillers after my procedure?

Please take any painkillers given to you by the hospital as prescribed.

If you are in pain and have not been prescribed painkillers, please use your normal painkillers as needed. This includes paracetamol or ibuprofen.

When can I return to work?

Take at least one week off work after a laryngoscopy and pharyngoscopy.

If you need to use your voice for work, for example teaching or telephone work, you may need up to three weeks off work. This will allow your vocal cords to fully heal.

What if I have any questions or concerns?

If you have any queries, please do not hesitate to contact Day Surgery on the numbers below or your GP. This is important if you have increasing pain, redness, or swelling after 48 hours.

- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783114 (7.30am to 8pm)
Telephone: 07887 687645 (8pm to 7.30am)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234499 (7.30am to 8pm)
Telephone: 07887 651162 (8pm to 7.30am)
- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhft.nhs.uk/patient-information>).

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