

# Endoscopic Laser Cancer Surgery

POST-OPERATIVE INSTRUCTIONS

Post-operatively, you are on ONE WEEK of strict voice rest. This also means NO whispering, or mouthing words. During the second week after the surgery, you may speak up to 5 minutes per hour and increase voice usage back to normal by the end of the week. Endoscopic laser cancer surgery is usually rather extensive, and you should expect a severe “surgical laryngitis” (hoarseness) to last for several months.

There are no dietary restrictions. You are on a “see-food” diet. If you “see food” and want to eat it, then eat it! It is also permissible to take a soft diet IF you wish. Always be drinking plenty of fluids. Taste can be altered post operatively for up to a couple of months. This is due to the pressure of the scope on the tongue causing a “Charlie-hoarse” on the taste nerve. This is annoying, but in most cases it should fully resolve in time. Please be patient.

Work and activity: people respond to the anesthesia differently. Some only feel ‘groggy’ for the day of surgery, others are ‘out-of-it’ for 4-5 days. Your body and common sense will dictate when you can resume work and physical activity. Typically, two weeks off suffices. If necessary, a note for work will be provided at your post operative follow-up visit.

You may use extra-strength tylenol or ibuprofen (such as Advil or Alleve) for post-operative discomfort. If these medications are not sufficient, please call the office. We are happy to provide a stronger medication, however, it usually means that something else is going on (such as an infection). You may use Mucinex (or equivalent in liquid form) for the phlegm and mucus if needed. It is very important to be taking lifelong acid medication, such as Prilosec or equivalent.

Your follow-up appointment should have been scheduled prior to your surgery. It is usually 8 days after the surgery. If you unclear as to when your appointment is, please call Neyssa at our office for confirmation. After this appointment, cancer surveillance appointments will be every two months for the first two years.

Special instructions: \_\_\_\_\_  
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QUESTIONS: (585) 442-1110