

# MICROLARYNGOSCOPE

## DISCHARGE INSTRUCTIONS

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Patients may go home the same day or may stay overnight.

They can have light meal (clear fluid) soon after they are awake then progress to normal diet.

Expect to have:

- Mild throat pain with dryness
- Small amount of bloody saliva for couple of days
- Mild ear pain which can be controlled by pain killer.

You may need:

- Antibiotics
- Mouth gargle
- Anti-reflex medication

Avoid:

- Shouting, screaming and whispering, you might need complete voice rest for the first 3 days
- Coughing and throat clearing for 2 weeks
- Hot, spicy and acidic food

Visiting the emergency room required if patient have:

- Fever higher than 38.5 °C
- Breathing difficulty or unable to swallow
- Headache, Loss of appetite, Nausea or Vomiting.
- Sever pain or throat bleeding

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### CONTACTS :

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