



Swedish Otolaryngology  
600 Broadway, Suite 200  
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## Microsuspension Direct Laryngoscopy (MDL)

**Disclaimer:** Any information provided here or on the web site should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your local physician for diagnosis and treatment.

**General Anesthetic:** After a general anesthetic, you may experience some weakness, dizziness, sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medications.

**What to expect:**

1. Neck pain.
2. Mild soreness, swelling, or numbness around throat or tongue.
3. Hoarseness may last several weeks after surgery.
4. Possibly muscle soreness 2-4 days postop.

**Diet:** You may experience nausea or vomiting after general anesthesia. Eat lightly and have fluids until any nausea resolves. You may resume a normal diet as soon as you feel comfortable.

**Hydration:** This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

**Fever:** It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and

should not cause concern. This is probably the results of mild dehydration and the healing.

**Medications:** If antibiotics are prescribed, complete the entire course as prescribed. Pain may be treated by a prescription pain reliever. Follow the directions carefully. If narcotic pain reliever causes nausea and vomiting, alternate Tylenol (acetaminophen) with the narcotics for pain management. If this does not help, call your physician. If your pain medication contains acetaminophen, make sure to monitor the dose of additional Tylenol. Do not take more than 4000 mg of acetaminophen for adult and 75 mg/kg/day a child. **Do not take aspirin or products containing non steroidal anti-inflammatory medications (i.e. ibuprofen), unless approved by your surgeon.**

**Special Instructions:**

1. Do not smoke.
2. Voice rest: Minimize talking for at least 7 days after the surgery.
3. If you do speak, use your normal voice at a low volume. Whispering and shouting are both damaging to the vocal folds, especially while they are healing.
4. Avoid throat clearing and coughing. These behaviors are also damaging to the vocal folds.

**Activities:**

1. You should remain quiet for 24 hours. Most activities may be resumed as tolerated, with the exception of voicing restriction.
2. Resume normal activities as you feel able.

**Follow-up:** The post operative appointment will be with your physician one to two weeks after



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surgery. Biopsy results will be discussed during the post op visit. Please call 206-215-1770 to schedule immediately if your appointment has not been scheduled.

***When to call the clinic:*** If you have any of the following problems call our clinic (triage line - 206-215-1770, Option 5). **After-hours, call 206-215-1770** to be routed to the Swedish Otolaryngologist on call.

1. Persistent severe pain not relieved by medication.
2. Elevated or persistent fever ( $>101.5^{\circ}$  for 2 days).
3. Vomiting or reaction to the post op medications.