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Description of Surgery - MICROLARYNGOSCOPY

A microlaryngoscopy is a procedure utilized to biopsy or remove lesions of the larynx or “voice box”. The surgery is completed in an operating room, under general anesthetic, as an outpatient procedure. During the surgery, special instruments are utilized to expose the larynx and remove/biopsy the lesions. The entire procedure is performed through the mouth and no incisions are made in the neck.

Following a Microlaryngoscopy

1. You may experience mild discomfort following surgery. Some patients describe this pain as having a mild “sore throat”.
2. Five (5) days complete voice rest (no talking) to facilitate the healing of the vocal fold tissue.
3. Following the five (5) days of complete voice rest, use 50% volume and 50% voice use for an additional week (1 – 2 words sentences initially).
4. Gradually increase your speaking demands.
5. Do not whisper.
6. Increase hydration: Eight 8-oz. glasses of water per day is recommended.
7. Reduce caffeine intake (coffee, iced tea, soft drinks).
8. Avoid excessive coughing and throat clearing.
9. Do not smoke.
10. Continue medications prescribed for acid reflux (if applicable).
11. Avoid singing until receiving clearance from your doctor or speech pathologist.
12. It is not unusual to remain hoarse following surgery, a course of post-operative voice therapy may be recommended in order to inhibit scar tissue formation and reduce vocally abusive behaviors present prior to the surgery.