



## Laryngoscopy and Biopsy

**Laryngoscopy** is a medical procedure that allows a doctor to look at the larynx (voice box), including the vocal cords, and other structures of the throat. This procedure is used to diagnose voice problems, throat pain, bleeding, breathing issues, and to investigate masses or tumors.

A **biopsy** during a laryngoscopy involves removing a small piece of tissue from the throat or voice box. The procedure is typically performed as an outpatient and takes about an 1 hour to perform.

### **Pre-Operative Instructions**

- **Fasting:**
  - Avoid eating or drinking after midnight the night before surgery.
- **Medications:**
  - You will likely need to stop taking blood thinners, weight loss medications and some diabetes medications, consult with your doctor. See attached for general recommendations.
  - Take all other prescribed medications with a small sip of water as instructed.
- **Health Status:**
  - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
  - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
  - Arrive at the hospital or surgical center as instructed.
  - Wear comfortable clothing and remove jewelry, make-up and contact lenses.
  - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

### **Post-Operative Instructions**

- **Activity:**
  - Rest for the first 24 hours after surgery.
  - Gradually resume normal activities as tolerated.
- **Diet:**
  - You may resume a normal diet as soon as you feel able but avoid foods that are hard to swallow initially due to potential throat discomfort.
- **Voice Care:**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)  
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Frye Regional Medical Center-- 420 N Center St, Hickory, NC 28601 [\(828\) 315-5000](tel:8283155000)  
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- You may be instructed on voice rest after the procedure. Your surgeon will provide specific guidance.
- **Medications:**
  - Pain is typically minimal and controlled with acetaminophen (Tylenol) and/or ibuprofen (Motrin). Prescription pain medication is not usually required.
  - You may be instructed to take medication to reduce the probability of acid reflux during the healing process.
- **Emergency Situations:**
  - If you experience severe symptoms of difficulty breathing contact our office and seek immediate medical attention.

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