



# Micro-Direct Laryngoscopy

*Vocal cord surgery, injection, or laser excision*

**This handout explains what happens during a micro-direct laryngoscopy and gives self-care instructions to follow as you recover.**

*Micro-direct laryngoscopy* is a procedure to examine the *larynx* (voice box) with a microscope.

Before your procedure, you will receive general anesthesia, which will make you sleep. After the anesthesia takes effect, a scope will be inserted gently through your mouth and then adjusted so that it stays in place. This allows your doctor to see your throat and vocal cords and have both hands free to do the procedure.

If there are lesions on your vocal cords, they will be either removed or *biopsied* (a small sample of tissue is removed to be studied), depending on what condition is being treated. You may also receive an injection in or near your vocal cords.

## After Your Procedure

- After your procedure, you will be taken to the recovery room. Most patients stay for about 1 hour and then go home the same day.
- The general anesthesia you had during your procedure will affect you. For 24 hours after surgery do **not**:
  - Drive or use machinery
  - Drink alcohol
  - Travel alone
  - Sign any legal papers
  - Be responsible for the care of another person
- Once you are at home, rest with your head elevated.
- Your throat may hurt for several days. You can take an over-the-counter (medicines you can buy without a prescription) pain reliever, if needed. Two of these are acetaminophen (Tylenol) and ibuprofen (Advil).

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

**UWMC**  
**Otolaryngology –**  
**Head and Neck**  
**Surgery Center**  
206-598-4022  
3rd floor, UWMC  
Box 356161  
1959 N.E. Pacific St.  
Seattle, WA 98195

**HMC Otolaryngology**  
**Specialty Clinics at**  
**Ninth and Jefferson**  
206-744-3770  
908 Jefferson St.  
Box 359803  
Seattle, WA 98104

- You may be hoarse, your tongue may be numb, and foods may taste different than they normally do for a few days. Rarely, the numbness or taste disturbance may last a few weeks.
- Avoid foods that are spicy or greasy, and foods that irritate your throat, such as crunchy foods.
- Follow your doctor’s instructions about voice rest to improve your healing and recovery.
- Most patients are able to resume most of their usual activity, except voice use, by the day after the procedure.

## When to Call the Clinic

Call the clinic if you have:

- Any difficulty breathing or swallowing
- Pain that is not relieved by over-the-counter pain relievers
- Nausea or vomiting that does not go away
- Questions or concerns about any of your symptoms

## Contact Information

### *University of Washington Medical Center (UWMC) Patients*

- For appointments, call Otolaryngology – Head and Neck Surgery Center at 206-598-4022.
- If you are already a patient and have questions about your treatment plan:
  - Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line at 206-598-4437.
  - After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

### *Harborview Medical Center (HMC) Patients*

- For appointments and questions about your treatment:
  - Weekdays from 8 a.m. to 4:30 p.m., call 206-744-3770.
  - After hours and on weekends and holidays, call 206-744-3000 and ask for the Otolaryngology resident on call to be paged.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine



**UWMC Otolaryngology – Head**  
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