

## Micro-Direct Laryngoscopy

### Vocal cord surgery, injection, or laser excision

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

### What is micro-direct laryngoscopy?

*Micro-direct laryngoscopy* is a procedure that uses a microscope to see the *larynx* (voice box).

### What can I expect?

Before your procedure, you will receive *general anesthesia*, which is medicine to make you sleep. After the anesthesia takes effect, your doctor will gently insert a *scope* into your mouth. The scope is then positioned so that it stays in place. This lets your doctor see your throat and vocal cords and have both hands free to do the procedure.

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

### After Your Procedure

- After your procedure, we will take you to the recovery room. Most patients stay in this room for about 1 hour and then go home the same day.
- **A responsible adult must take you home after the procedure.** This person may drive you, or you may take a bus, taxi, or shuttle together. You cannot drive yourself, or take any other transportation by yourself.
- We also advise that you have a responsible adult stay with you the first night, until you have recovered from the anesthesia.



*For 1 week, keep your head elevated when you rest.*

- 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 children, pets, or an adult who needs care
- When you get home, rest with your head elevated for 1 week.
- Your throat may hurt for several days. If needed, you can take acetaminophen (Tylenol), ibuprofen (Advil), or another over-the-counter pain reliever (medicines you can buy without a prescription).
- You may be hoarse, your tongue may be numb, and foods may taste different than normal for a few days. Rarely, the numbness or taste change may last a few weeks.
- Avoid foods that are spicy or greasy or that irritate your throat, such as crunchy foods.
- To help your healing and recovery, follow your doctor's instructions about resting your voice.
- **Except for using their voice**, most patients can resume most of their usual activities 24 hours after the procedure.

## When to Call the Clinic

Call the clinic if you have:

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

## Who to Call

- **For appointments:** Call Otolaryngology – Head and Neck Surgery Center at 206.598.4022 and press 8 when you hear the recording.
- **If you are already a patient and have questions about your treatment plan:**
  - Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Voice Mail Line at 206.598.4437.
  - After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. You will be connected with a Community Care Line nurse.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### Otolaryngology – Head and Neck Surgery Center

206.598.4022  
3rd floor, UWMC  
Box 356161  
1959 N.E. Pacific St.  
Seattle, WA 98195

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