



**MICROLARYNGOSCOPY AND BIOPSY  
PRE AND POST OPERATIVE INSTRUCTIONS**

**Pre-operative :**

1. Do NOT use Aspirin, Motrin or other anti-inflammatory medications for two weeks prior to your surgery. (Tylenol is fine)
2. Do NOT use Vitamin E or ginkgo biloba for two weeks prior to your surgery (can promote bleeding).
3. If you are on Coumadin or other prescription blood thinners, please contact your surgeon and your prescribing doctor for instructions three weeks prior to your scheduled surgery.
4. If you have mitral regurgitation and require antibiotics prior to dental procedures, please notify your surgeon 3 weeks prior to your surgical date for instructions.
5. **Do not have any food or drink after midnight** on the day of your surgical procedure (this includes water and chewing gum). Consuming food or drink will likely lead to cancellation of your surgery by the anesthesiologist.

**Post-operative:**

1. You are required to rest your voice for approximately two weeks following surgery. If you need to talk, do so in your normal voice. Do NOT shout or whisper.
2. You may resume a normal diet after surgery.
3. You may have some discomfort. For this you may take Tylenol.

**Contact your surgeon or go to your nearest emergency room if:**

1. You develop a fever
2. You develop airway constriction
3. You are spitting up bright red blood (greater than one teaspoon)