

Patient Information

After a Micro Laryngoscopy

Ear, Nose & Throat

Introduction

Caring for Yourself After Your Operation

Your voice box (larynx) needs time to heal after your procedure. Following the advice below will help your recovery and give your voice the best chance of healing well.

Voice Rest (Very Important)

- Do not talk, whisper, sing, cough unnecessarily or clear your throat for the first 3 days after your operation.
- Whispering should also be avoided, as it can strain the voice box as much as speaking.
- If you feel the need to cough or clear your throat, try to:
 - Take a sip of water
 - Swallow instead
 - Keeping complete voice rest is essential for healing.

Steam Inhalation

Your surgeon may recommend steam inhalation to keep your throat moist and comfortable.

- Use steam inhalation once or twice a day for 10 minutes during the first 48 hours, then continue twice a day for the next 12 days, unless you have been advised otherwise.
- Use steam from a warm shower, a commercial steam inhaler, or a bowl of hot (not boiling) water placed safely on a stable surface.
- Take care to avoid burns and never place your face too close to hot water.

Eating and Drinking

- You can eat and drink normally unless advised otherwise.
- Drink plenty of fluids to keep your throat moist and support healing.
- You may have a sore throat or discomfort when swallowing for a few days. This is normal and should gradually improve.

Smoking and Alcohol

- Do not smoke or vape, as this will irritate the voice box and slow healing.
- Avoid alcohol for at least 24–48 hours after surgery and while your throat remains sore.

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Using Your Voice After Rest

After 3 days of complete voice rest, begin using your voice gently and only when necessary for the next 10 days. Avoid:

- Shouting or raising your voice
- Singing
- Long conversations
- Straining your voice

Gradually return to normal voice use after about 2 weeks, but full healing of the voice box may take 3 to 4 weeks.

Your voice may sound weak, hoarse or different during healing. This is expected and usually improves over time.

What to Expect

It is common to experience:

- A sore throat for several days.
- Mild discomfort when swallowing.
- A hoarse or weak voice while healing.
- A small amount of blood-stained saliva in the first 24 hours.

These symptoms should slowly improve as you recover.

Ongoing Care

- Take pain relief as prescribed. Paracetamol is usually suitable unless advised otherwise.
- Keep well hydrated throughout the day.
- Rest your voice and body as needed.
- If you have been referred to a Speech and Language Therapist, attend all appointments, as they are an important part of recovery.

When to Seek Medical Advice

Please contact your GP, NHS 111, or attend your nearest Accident & Emergency (A&E) Department if you experience:

- A high temperature (fever) or signs of infection, such as worsening pain, swelling, or feeling generally unwell.
- Pain that is getting worse instead of improving.
- Bleeding from your mouth or coughing up more than a small amount of fresh blood.
- Difficulty swallowing that is worsening or stopping you from drinking enough fluids.

Call 999 or go to A&E immediately if you develop:

- Difficulty breathing or noisy breathing.
- Severe swelling in the throat.
- Heavy or persistent bleeding from the mouth or throat.

If you would like this leaflet in another language or format, or you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net