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**Microlaryngoscopy and Laryngeal Surgery**

**Instructions**

If your procedure is in the morning, please do not eat or drink anything after midnight.

If your procedure is in the afternoon, you may have a light breakfast **before 7am** on the day of the procedure.

You may drink small sips of water until 2 hours before arrival at the hospital however hospital policy dictates **no solid food or milk products for at least 6 hours prior to the procedure**

The procedure will take between 30-45 minutes and will be done under general anesthesia

Immediately after the procedure, you will be taken to the recovery room. Once you are awake and able to eat and walk, you will be discharged home

You can take ibuprofen (Advil) and/or acetaminophen (Tylenol) for pain relief as needed

* Please notify Dr Sinclair if these medications fail to provide adequate pain control

([catherine@melbournethyroidsurgery.com.au](mailto:catherine@melbournethyroidsurgery.com.au), Ph: 1300 370 664(W), 0413 720 037(M))

It is essential that you rest your voice after the procedure until your first speech pathology appointment. This appointment should occur within one week after the surgery. At this appointment, your speech pathologist will give you instructions about how much you can use your voice, voice precautions and voice exercises.

**Please inform Dr Sinclair prior to your surgery if you take any blood thinning medications such as aspirin, warfarin or clopidogrel.**