



Patient Information – Following Panendoscopy / Microlaryngoscopy

This information leaflet contains some information and instructions that you should follow after having Panendoscopy or Microlaryngoscopy.

After General Anaesthetic

After any surgery, especially after a general anaesthetic, you may feel tired and disorientated. You should not drive or operate machinery for 48 hours following surgery. Insurance companies may not cover you in the event of an accident occurring within a few days of surgery.

The following procedures may have been carried out:

Microlaryngoscopy: examination of voice box
Oesophagoscopy: examination of your swallowing tube
Pharyngoscopy: examination of mouth and throat
Bronchoscopy: examination of air passages below the voice box
Panendoscopy: any combination of the above

What might I experience after the operation?

Following the surgery it is expected that you may experience some or all of the following symptoms. Usually, these symptoms are temporary and settle within a few days but sometimes they can persist for weeks or longer. Paracetamol or ibuprofen should be enough to control pain or discomfort, always read packet instructions.

- Sore throat
- Slight blood in your spit/saliva
- Voice change if any biopsy taken from the voice box / vocal cords
- Tooth, lip, or gum pain or swelling
- Neck discomfort

When will I be followed up?

The hospital may send you an outpatient appointment in the Ear, Nose, and Throat (ENT) clinic between two to six weeks after the operation to discuss biopsy results. Sometimes we will write to you with results. If you do not hear from the hospital about any follow up within four weeks of your operation please get in touch.



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How long will I need off work

A few days is usually sufficient, but some people may need longer depending on the type of work or activities they do.

Other specific advice

Voice rest may be advised by the surgeon if any biopsy has been taken from the voice box or vocal cords. If you must talk, do so in a normal soft speaking voice, it is important that you do not whisper as this is also bad for your vocal cords.

If voice rest is required:

- Limit your talking.
- Don't cough, shout, sing or laugh (if possible).
- Avoid throat clearing.
- Drink lots of water, and reduce caffeine and alcohol during this period.
- Avoid smoking <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

What problems should I look out for?

Complications are uncommon following surgery but signs or symptoms that might indicate an infection or other surgical complication include:

- Worsening sore throat.
- High fever (more than 38°C)
- Difficulty of breathing or swallowing
- Dental trauma
- Worsening chest or back pain
- Any swelling in the neck

If any of the above occur, please seek immediate medical attention.



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How do I get in touch?

If you need any further advice, we advise that you contact the hospital using the contact numbers below. Your first point of contact should be the ENT department during working hours Monday to Friday 8am to 4.30 pm. Outside of these hours please contact the ward from which you were discharged, your emergency GP service or the NHS helpline.

ENT clinic Nurse:	01793 604414	(As above)
Children's Unit:	01793 604095	(24h / 7 days)
Day Surgery:	01793 604152 / 4148	(0800 - 2000 weekdays)
Daisy Ward:	01793 603040 / 3041	(24h / 7 days)
Meldon Ward:	01793 646276	(24h / 7 days)
Shalbourne Suite:	01793 646060	(24h / 7 days)
NHS Helpline:	111	(24h / 7 days)

Please remember you were given the following pain relief while in hospital

Paracetamol at:

Codeine at:

Ibuprofen at:

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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