

## WHAT TO EXPECT AFTER

# DIRECT MICROSCOPIC LARYNGOSCOPY



## ACTIVITY & DIET

Resume diet as tolerated and drink plenty of fluids. Your body needs extra rest after any surgery, so take it easy for a day or two then gradually resume normal activity. Often after Direct Microscopic Laryngoscopy, voice rest is advised. Dr. Ulrich will determine how much voice rest, if any, is necessary and will advise accordingly.

## PAIN

Sore throat and mild discomfort when swallowing are usually minimal. If you do experience excessive pain, call our office. In most cases Tylenol (Acetaminophen) may be taken for any minor discomfort. Warm saltwater gargles are sometimes soothing.

## FOLLOW-UP APPOINTMENT

A follow-up appointment is necessary 1-2 weeks after the procedure. If an appointment has not been made, please contact our office.

## QUESTIONS OR PROBLEMS

If questions or problems arise during normal business hours, please do not hesitate to call the office at (810) 695-3766. For post-surgical medical issues after normal business hours, call the office at (810) 695-3766 and follow the prompts to be connected with Dr. Ulrich. If unable to connect through the office, contact Genesys information at (810) 606-5000 to have Dr. Ulrich paged.

**J. Martin Ulrich, D.O., F.O.C.O.O**  
**BOARD CERTIFIED**