



SUBURBAN
Ear, Nose & Throat
Associates, Ltd.

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- Diseases of the Ear, Nose & Throat
 - Adults and Children
 - Head and Neck Surgery
 - Facial Cosmetic and Reconstructive Surgery

DIRECT LARYNGOSCOPY With or Without Biopsy
MICROSCOPIC SUSPENSION LARYNGOSCOPY With or Without Biopsy

SURGICAL CONSENT and PATIENT INFORMATION

The larynx is the medical term used for the voice box. The voice box contains numerous structures including the vocal folds (cords), which are the muscles and mucus membranes that vibrate to produce sound of a particular frequency. This sound is then shaped and altered by all of the remaining structures of our throat and nose, to give each of us a unique resonance to our voices.

Laryngoscopy is the name of the surgical procedure in which your surgeon will closely inspect the larynx, and possibly biopsy (remove pieces of the tissue for testing). This is typically performed under general anesthesia, so that you don't feel discomfort when the procedure is being performed, and also so you don't cough or gag during the procedure, which allows for much more precision during the inspection and tissue removal. Usually, the surgery is done as an outpatient, meaning you can go home a few hours after the surgery is completed.

Always during surgical laryngoscopy, we are inspecting your larynx through a lighted metal tube, called a laryngoscope. If we only use the laryngoscope to visualize your larynx, this is called *Direct Laryngoscopy*. Depending on your particular condition, we may also use a surgical microscope to inspect your larynx. This is called *Microscopic Suspension Direct Laryngoscopy*. In addition, sometimes we combine the laryngoscopy with other "-scopies" – Bronchoscopy (inspecting your trachea (windpipe)), and Esophagoscopy (inspecting your esophagus).

1 WEEK PRIOR TO SURGERY: No anti-inflammatory drugs are to be used for one week pre-operatively. This includes Advil, ibuprofen, Naprosyn, aspirin or any other nonsteroidal anti-inflammatory drug (NSAID's). These medicines increase your risk of bleeding. Tylenol (acetaminophen) is not an anti-inflammatory so it is fine to take.

NIGHT BEFORE SURGERY: No solid foods (that includes milk, cream etc.) for 8 hours prior to surgery. Typically this means no solid foods after midnight before the surgery. Small volumes of clear liquid may be drank up to 4 hours prior to surgery (water, coffee with NO milk or cream, tea, Gatorade, etc).

POST-OPERATIVE CARE: As requested pre-op, please refrain from aspirin and all NSAID's for 1 week post-op. We ask that you limit your activity to casual activities for 1 week afterwards. We ask that you do not perform activities that involve lifting more than 15 pounds, excessive bending, stooping, straining, or exercising during this time. We do encourage casual activities such as walking, etc. We encourage taking extra deep breaths every couple hours during the waking hours for a few days after surgery to decrease your risk of post-operative lung infection. Narcotic or semi-synthetic narcotic pain medicine is usually prescribed to be taken on an as needed basis. Sometimes antibiotics and/or antacids medicines are prescribed also.

DIET: It is typical that we allow you to eat food as tolerated. There are typically no specific limitations on the type of food that you can eat.

SURGICAL RISKS / COMPLICATIONS: Serious complications are rare, but it is very important that we are aware if any of the following problems occur.

- 1) **BLEEDING** – It is not uncommon to cough or spit out streaks or a few small clots of blood after laryngoscopy. Let us know if there is persistent or heavy bleeding.
- 2) **INFECTION** – Infections after laryngoscopy are exceedingly rare. If you have fever >101 please notify us immediately. This is especially important if Esophagoscopy and/or Bronchoscopy were performed simultaneous with the Laryngoscopy. Please also notify us if you are having any trouble breathing after surgery.

- 3) SWELLING / EDEMA – If too much swelling occurs in the region of the larynx, this might cause difficulty breathing. Also very rare, but if you experience shortness of breath, or difficulty with inhaling or exhaling air, notify us immediately.
- 4) HOARSENESS – Often, the reason for suggesting laryngoscopy is because we have identified an abnormality on your larynx – which often causes hoarseness as the symptom. Again rarely, after surgery your voice might be more hoarse. Hoarseness after laryngoscopy with biopsy or removal of a lesion can be caused by several problems. Poor scarring of the vocal folds can cause loss of the normal rhythmic vibrations of your vocal folds, or a web like scar may develop at the front of your larynx. Laryngeal webs are difficult to correct, often requiring multiple surgeries.
- 5) NON-RESOLUTION OF THE PROBLEM / NEED FOR FURTHER THERAPY – Depending on your particular condition, sometimes the problem can recur. Sometimes we identify a condition that needs more treatment. Depending on your condition, the recommended treatments may vary widely. Voice therapy may be all that is indicated if you have a benign vocal abuse problem. On the other end of the spectrum, major surgery might be the recommended therapy.
- 6) CHIPPING OF TEETH – On rare occasion, despite the use of tooth protectors during the surgery, one or more of your teeth might get chipped. If so, you would need to see your dentist after the procedure for dental restoration.
- 7) NUMBNESS OF YOUR TONGUE / LIPS – If this occurs, we expect this to be temporary. This comes from the laryngoscope pressing against the side or top of your tongue or lips. This can occur despite the gentlest approach during the procedure.
- 8) WEAKNESS OF YOUR TONGUE – Like numbness, pressure of the laryngoscope against the side of your tongue could rarely cause a temporary weakness of the tongue.
- 9) As with any type of surgery, the risks of **anesthesia** such as drug reaction, breathing difficulties and even death are possible. Please discuss these risks with your anesthesiologist. Fortunately, with this procedure, anesthetic problems are exceedingly rare.

At Suburban Ear, Nose and Throat Associates, Ltd., we go to great lengths to try to help you understand your plan of care. If at any time during your care you have questions or concerns, please call us at 847-259-2530.

I/we have been given an opportunity to ask questions about my condition, alternative forms of treatment, risks of non-treatment, the procedures to be used and the risks and hazards involved. I/we have sufficient information to give this informed consent. I/we understand every effort will be made to provide a positive outcome, but there are no guarantees.

Patient Name PRINTED: _____

Patient or Parent/Guardian/POA signature: _____

Parent/Guardian/POA Printed name (if applies): _____

Parent/Guardian/POA relationship to patient (if applies): _____

Date: _____ Time: _____

Witness: _____ Date: _____