



New Mexico
Ear, Nose, & Throat
Specialists, P.C.

FREDERICK FIBER, MD

*Specialties of the ear, nose and throat
Head and neck surgery*

Post-Operative Instruction for Patients Following a Laryngoscopy/ Botox Injection

1. You will be asked to rest for at least 30 minutes to an hour in the recovery room. Your vital signs, temperature, blood pressure, respirations, pulse will be checked at frequent intervals. This is because it takes time for the anesthesia to wear off.
2. You must not eat or drink anything until sensation to your throat has returned, this may take one hour, for some people up to two hours. You may experience a sore throat, this is normal.
3. If a biopsy was taken, you may be instructed not to use your voice at all for 48–72 hours to give the vocal cords time to heal.
4. Continue to take your antibiotics as directed by your doctor, until all of the pills have been taken. Continue to take your pain medication as directed and as needed. As a rule of thumb always take food with your pain pills. Avoid taking any non-steroidal anti-inflammatory drugs (i.e. Aspirin, Motrin, Advil, Ibuprofen, Aleve). Tylenol is O.K.
5. Take liquids for the first 24 hours. Then begin and progress to a soft diet as tolerated. You may experience laryngospasm (muscle spasm) or edema (tissue swelling) this may cause difficulty breathing or swallowing. If you experience progressive swelling of your neck or persistent difficulty breathing air in, call your doctor.
6. Your doctor will need to check you in 7 to 10 days. Please call the office as soon as possible for an appointment.



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401 Edith NE, Albuquerque, NM 87102
(505) 243-8030 Emergencies: 857-3999