



Discharge information

after examination under anaesthetic +/- biopsies

(Panendoscopy/Microlaryngoscopy/Rigid nasendoscopy)

After care:

- You may experience some discomfort after your procedure.
 - This should settle with paracetamol.
 - This usually lasts for 1-2 days.
- Vocal rest:
 - You may need to take two days off work to rest your voice if we have looked at your vocal cords
 - Your surgeon will advise you on this.
- Take gentle exercise as you are able but avoid vigorous activity.
- You can mostly eat and drink as normal
 - Avoid alcohol for 48 hours after a general anaesthetic.

Results:

You will be written to with the results of your biopsies or be given a follow up appointment in the coming weeks.

If you have not heard after 6 weeks, please contact the ENT secretary for your surgeon at University Hospital of Wales via the switchboard – 02920 747 747.

Attend A&E promptly if you have:

Heavy bleeding from your mouth, nose or throat.

- This is unlikely, but there is a small risk, especially if biopsies have been taken.
- It is normal to have some pink, blood-stained saliva after biopsy, this should settle after a few days.

Additional information:

<https://www.entuk.org/patients/conditions/51/microlaryngoscopy>

<https://www.cancerresearchuk.org/about-cancer/tests-and-scans/panendoscopy>

Contact numbers

If you have any concerns, you can contact:



Your GP or 111

Suite 9 ENT Outpatients (Monday to Friday 9am-5pm): **02921 843174**

Surgical Hub (Monday to Friday 7am- 7pm): **02921 826510 or 02921 826348**