

You have elected to undergo an operation involving **microdirect laryngoscopy**. This procedure is performed under general anesthesia and typically as an outpatient surgery. There are a variety of reasons why this procedure has been recommended for you including removal of benign vocal fold lesions, augmentation of vocal folds and treatment of scar or stenosis. Though individual procedures will differ depending on the indication, each includes a common microdirect laryngoscopy.

Once asleep, laryngoscopy is performed by inserting a rigid laryngoscope into your mouth to expose your larynx, vocal folds or airway. The laryngoscope is left in place for the duration of the procedure which is performed under a microscope. Here are some points to keep in mind regarding microdirect laryngoscopy:

- 1) Temporary soreness of your throat or jaw is common after the procedure
- 2) A small number of people experience numbness of the tongue after surgery—this is seldom permanent
- 3) Though rare, you lips, gums, teeth and tongue are at risk of injury during the procedure.
 - a. If possible, before your procedure, you may request to have thin, custom-made acrylic tooth guards from your dentist
- 4) There is also a small risk from the general anesthetic.
- 5) Depending on the surgery performed, you may be advised to observe a period of voice rest following your procedure. This is meant to give the vocal folds an opportunity to heal after surgery to prevent scar and permanent voice changes. Your adherence to this recommendation will help you achieve the best possible surgical outcome.
- 6) You may resume your regular diet and medications following surgery.
- 7) If you have any questions or concerns, please contact our team at the Voice and Swallowing Center.