

ENT14lite Laryngoscopy

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

Write questions or notes here:



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This document will give you information about a laryngoscopy. If you have any questions, you should ask your GP or other relevant health professional.

What is a laryngoscopy?

A laryngoscopy is a procedure to look at your voice box (larynx) using a rigid telescope (see figure 1).

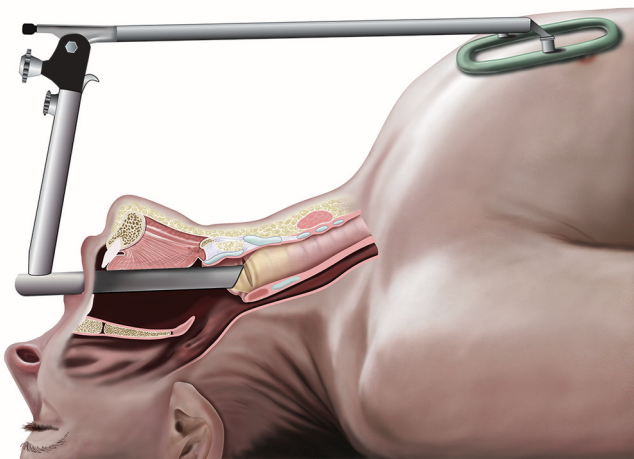


Figure 1
A laryngoscopy

What are the benefits of a laryngoscopy?

Your doctor is concerned that you may have a problem in your larynx. A laryngoscopy is a good way of finding out if there is a problem. For some people minor treatments can be performed at the same time.

Are there any alternatives to a laryngoscopy?

Your doctor has recommended a laryngoscopy as it is the best way of diagnosing most problems with your larynx. Your doctor will usually have looked at your larynx using a flexible telescope (endoscope) or a smaller rigid telescope.

What does the procedure involve?

A laryngoscopy is performed under a general anaesthetic and usually takes about 30 minutes. Your surgeon will place a rigid telescope (laryngoscope) into the back of your mouth to examine your larynx. Sometimes they will use a microscope to get close-up views. Your surgeon may be able to remove small problems from your larynx using surgical instruments or a laser. If you have a lump, they will be able to perform biopsies and take photographs to help make the diagnosis.

What complications can happen?

- Sore throat
- Breathing difficulties or heart irregularities
- Making a hole in your tongue or the lining of your throat
- Damage to teeth or bridgework, or bruised gums
- Bleeding
- Change in taste
- Developing a hoarse voice
- Airway fire

How soon will I recover?

You will usually recover in about two hours. Once you are able to swallow properly, you will be given a drink.

If your doctor performed a biopsy, you may need to stay overnight and wait until the next morning before being given a drink. You may need to rest your voice for the first few days.

You should be able to return to work after a few days.

The healthcare team will tell you what was found during the laryngoscopy and discuss with you any treatment or follow-up you need.

Regular exercise should improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

Summary

A laryngoscopy is usually a safe and effective way of finding out if there is a problem with your larynx.

Acknowledgements

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