

Wentworth Health Partners Head & Neck Specialty Group of NH

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Office Hours: Monday - Friday 8:00am - 5:00pm
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PANENDOSCOPY

Today you had a panendoscopy performed. This procedure allowed your doctor to examine your throat, trachea, and esophagus with a lighted scope. Your doctor will give you the results of this procedure. You may have also had a direct laryngoscopy, bronchoscopy, or an esophagoscopy.

WHAT TO EXPECT

- Some throat soreness for several days
- A small amount of pinkish phlegm
- Some tongue pain and a temporary change in your sense of taste
- Trouble swallowing at first

FOLLOW THESE INSTRUCTIONS

- Practice voice rest IF detailed to you by your physician. This is very important after surgery.
- Start out with liquids and slowly increase to soft foods.
- Avoid any citrus or acidic foods such as orange juice, scratchy foods such as potato chips, hot or spicy foods.
- Take pain medications as directed by your doctor.
- Do not drink alcohol or smoke. This will irritate your throat and slow the healing process.
- Slowly return to your normal activities the day after surgery. Do not exercise until recommended by your doctor.

CALL YOUR DOCTOR IF

- You have the chills or a fever greater than 101 degrees
- You have swelling in your throat
- You have trouble breathing
- You have bleeding
- You have nausea and vomiting
- You have foul smelling drainage
- You have any new problems or concerns