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## **MicroLaryngoscopy Patient Pre-operative and Post-operative Instructions**

Medications to stop **two weeks** prior to surgery:

- Aspirin
- Plavix
- Ibuprofen (Motrin, Advil)
- Naprosyn (Alleve)
- Vitamin E
- Gingko Biloba
- Fish Oil

Medications to stop **four days** prior to surgery:

- Warfarin (Coumadin)

*Please consult your Primary Physician or Cardiologist prior to stopping your anticoagulants. May resume medications one week following surgery.*

### **DAY BEFORE SURGERY - \*\*NOTHING BY MOUTH AFTER MIDNIGHT\*\***

Medications to take the morning of surgery (unless otherwise instructed by your PCP):

- Antihypertensive (blood pressure)
- Anti-reflux (Nexium, Aciphex, Omeprazole, Protonix, Zegerid, Prevacid, Kapidex, Zantac, Pepcid)
- Antibiotics for heart or metal implants will be given IV prior to surgery

Medications **NOT** to take the morning of surgery (unless otherwise instructed by your PCP):

- Glucose lowering medications, including insulin

Restrictions:

- Absolute voice rest for seven (7) days
- Graduated return to voicing:
  - Day 8 (may speak for 10 minutes)
  - Day 9 (may speak for 20 minutes)
  - Day 10 ( may speak for 40 minutes)
  - Day 11 (may speak for 80 minutes)
  - Day 12 (may speak for 160 minutes)
  - Day 14 (may return to normal vocal activities)
- No diet or other physical activity restrictions

**If you have any questions or problems related to your procedure, please call your Surgeon's office.**