



OFFICE LASER PROCEDURE: What Should I Expect?

1. **BEFORE THE PROCEDURE:** You do not need to fast or discontinue your usual medications. An escort is not required since you will be receiving local anesthesia only and will remain fully awake during the procedure. However, you may find it helpful to bring a companion to alleviate some anxiety.
2. **PREP FOR THE PROCEDURE:** After minimal paperwork, local anesthesia will be delivered to your nasal cavities and throat. This portion takes approximately 10 minutes.
3. **THE PROCEDURE:** Your physician will be performing the procedure via a nasally inserted flexible endoscope, which will carry a laser fiber used to treat the target tissue in your throat. You will be wearing special protective goggles to protect your eyes from laser energy. This portion takes 5 to 20 minutes depending on the condition treated. All you need to do during the procedure is relax and sit still while breathing comfortably. It is preferable to avoid talking, clearing the throat or swallowing during this part, although you can always raise a hand to notify the team if you need a break.
4. **AFTER THE PROCEDURE:** You will be observed for another 20 minutes to ensure you are comfortable before leaving the office. Expect to spend approximately 1 hour with us overall. Nothing to eat or drink for 1 hour afterwards, as the throat numbness may cause coughing or choking. You may then test your swallowing using small sips of water. If this makes you cough, wait 30 minutes and then try again. You may then return to your usual diet without restrictions except for usual irritants (spicy, sour, acidic foods). You may resume your usual activities except for those requiring voice use. You may exercise as tolerated. Mild to moderate throat soreness may be present for up to 72 hours, which you can treat with OTC acetaminophen or ibuprofen as needed. Some blood-tinged mucus is possible on the day of the procedure and should not raise concerns.
5. **VOICE REST:** Typically 24-48 hours - your surgeon will tell you at the time of the procedure. You may return to reasonable conversational voice use thereafter, but hoarseness and vocal strain may persist for a week or more while your throat is still healing. Because of the way the laser works, your voice may even be worse than before the procedure for a time. You will have a follow-up appointment with your physician within 3 to 4 weeks after the procedure. Avoid excessive voice use, singing, screaming, throat clearing behaviors in that interval.
6. **VOICE THERAPY (IF RECOMMENDED):** Plan on scheduling your therapy appointment no sooner than 2 weeks after the procedure.