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Post Operative Instructions for Endoscopy

What to Expect:

Discomfort after surgery is usually limited to a mild sore throat. You may have a prescription for pain medication to use as needed, if deemed necessary for the procedure, or you may use Tylenol/Motrin for minor discomfort.

Voice rest may be recommended afterward. If you need to communicate, it is better to speak at a conversational level and NOT whisper. Whispering can put more strain on the vocal cords.

If you are given a prescription for antibiotics, please complete the entire dosage. You may notice some numbness of the tongue, it may last a few days after the procedure.

Although bleeding is usually minimal, you may notice some blood tinged sputum for the first day or two after surgery.

Diet:

You may advance your diet as tolerated after the procedure. (Try to **avoid** hot, spicy, acidic, crispy or crunchy foods for 5 – 7 days)

Activity:

As tolerated, please do not drive if taking narcotics, and children should not be allowed to play with things they may fall off of because of feeling woozy from the narcotic (ex: bicycles, scooters, slides, swings, trampolines).

Any questions or concerns, please do not hesitate to call. Thank you for your confidence in letting us care for you and your family.