



- Dr. Noah Massa  
2 – 3705 27th Street  
Vernon, BC  
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## **Microlaryngoscopy and Biopsy**

### **Healthlink BC**

**Dial 8-1-1**  
**Hearing Impaired Dial 7-1-1**  
**Talk to a Nurse 24 hours/day, 7 days/week**  
**Pharmacist available between 5 p.m.–9 a.m. daily**  
**Dietitian between 9 a.m.–5 p.m.–Monday to Friday**  
**[www.healthlinkbc.ca](http://www.healthlinkbc.ca)**

Vernon Jubilee Hospital  
2101 32<sup>nd</sup> Street  
Vernon, BC V1T 5L2  
Phone: 250-545-2211

If you have any questions or concerns please feel free to discuss them with the Doctor or Nurse.

You must be accompanied home by a responsible adult. You may not drive.

An adult must stay with you after surgery and overnight if you have had a general anesthetic.

Do not drink alcohol for 24 hours following surgery as its effects will add to those of anesthetic. Do not drink alcohol while taking narcotics for pain control.

Follow the instructions give to you by your Surgeon. Take medication as ordered for discomfort.

## **Pre operative instructions**

- Do not use non-steroidal anti-inflammatory medications such as Aspirin, Motrin or Advil at least 2 weeks prior to surgery as these drugs tend to promote post surgical bleeding. Tylenol is an acceptable analgesic prior to surgery.
- Do not use Vitamin E or Ginkgo Biloba for 2 weeks prior to surgery.
- If you are on Coumadin or other blood thinners, please contact our office or your family doctor to have these discontinued prior to surgery.

Please advise us if you require pre-operative antibiotics for dental procedure as a result of cardiac valve abnormalities.

## **Post operative Instructions**

- You are to rest your voice for approximately 2 weeks following surgery. Do not whisper or shout. If you have to talk use your normal voice. You may eat normally. Do not smoke or drink during this period of time. For discomfort take Tylenol®.
- Phone the office as soon as possible for a postoperative visit in 1 to 2 weeks time.