



Mr. Adnan Safdar MBBS. FRCS., FRACS (ORL-HNS)

DISCHARGE INSTRUCTIONS MICROLARYNGOSCOPY/ OESOPHAGOSCOPY

Before leaving the Day Ward make sure that you have:

- Instructions – what to do after surgery
- Medications (or prescriptions for them)
- An appointment to see your Doctor
- Medical certificate (if required)
- A responsible adult to accompany you home
- All personal affects

SPECIFIC DISCHARGE INSTRUCTIONS – BASIC ENT

1. Rest your voice for 48 – 72 hours.
2. Panadol or panadeine as necessary for pain. Doses should be no less than 4 hours apart.
3. **NO DISPRIN or ASPIRIN**
4. If there is any difficulty breathing, progressive change of voice or increasing difficulty swallowing, attend your nearest emergency department or if alone call 000 and ask for an ambulance.

IMPORTANT

If unwell (eg: persistent nausea and/or vomiting, fever, bleeding) contact your doctor.

In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.