

Direct Microlaryngoscopy (DML)

What is Direct Microlaryngoscopy (DML)?

Direct Microlaryngoscopy (DML) is a procedure that uses special instruments inserted through the mouth to examine your throat and larynx (voice box).

How is DML done?

Your doctor will place your head and neck in a position to see your vocal cords. Instruments will then be placed in your mouth to help see deeper into your throat. Your doctor will use a microscope to look at your voice box more closely. If needed, your doctor will also use very small instruments to operate on your vocal cords.

What are the risks with DML?

Some of the risks with this procedure include:

- Injury to your lips, teeth, gums, throat, voice box
- Changes in your voice or hoarseness
- Throat pain or difficulty swallowing
- Jaw or neck pain
- Tongue numbness
- Taste changes

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

What do I need to do before this procedure?

Do not have anything to eat or drink after midnight the night before your procedure. Some of your medicines may need to be stopped before your surgery.

Important Medicine Information

Talk to your doctor about any medicines you take to thin your blood or prevent clots. You may need to change these medicines or adjust the amount you take before surgery.

These medicines include:

- Aspirin
- Clopidogrel, brand name Plavix
- Prasugrel, brand name Effient
- Ticagrelor, brand name Brilinta
- Apixaban, brand name Eliquis
- Ticlopidine, brand name Ticlid
- Warfarin, brand name Coumadin
- Enoxaparin, brand name Lovenox
- Dabigatran, brand name Pradaxa
- Fondaparinux, brand name Arixtra
- Rivaroxaban, brand name Xarelto
- Cilostazol, brand name Pletal
- Edoxaban, brand name Savaysa

If you have a stent, do not stop taking your medicines to prevent clots without first talking to the doctor who put in the stent. For more information, ask a member of your health care team for the patient education handout on protecting your stent.

If you take aspirin or medicines like aspirin for arthritis pain, your doctor may have you take a different medicine in the weeks before your surgery or procedure.

If your surgery or procedure is canceled for any reason, call your doctor because you may need to restart the medicines you take to thin your blood or prevent clots.

What do I need to know after this procedure?

Here is information about what to expect after your procedure:

- Your doctor may prescribe 3 to 7 days of voice rest after the procedure.
- You may have a little cough, a small amount of bleeding or blood tinged sputum (saliva), hoarse voice, and sore throat after your surgery.
- Take pain medicines as directed by your doctor. You may be given a prescription for pain medicine or directed to take Tylenol (acetaminophen).
- Do not take Tylenol along with any narcotics (percocet, vicodin, darvocet, lortab) that have acetaminophen.
- You may be given a reflux medicine after your surgery. If this is prescribed by your doctor, take it as directed.
- You may have less of an appetite, but it is very important to drink plenty of fluids after the procedure. Drinking fluids will help lessen the soreness you may feel in your throat.

When should I call the doctor?

Call your doctor **right away** if you have any of the following:

- Fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- Complete loss of your voice
- Difficulty breathing or swallowing
- Bleeding from the mouth
- Severe coughing