POST-OPERATIVE INSTRUCTIONS FOLLOWING CRICOPHARYNGEAL MYOTOMY / SUSPENSION OF ZENKER’S

DIET

At the time of discharge, you will be restricted to a full liquid diet. Over the next seven to ten days, as you are able to better tolerate liquids, you will be advanced to a soft, esophageal diet. This diet restriction is recommended to ease the movement of food through the temporarily swollen areas of the upper esophagus. Tolerance to the diet is individual and may change with time.

You will need to stay on a specialized diet for four to six weeks. Specific dietary instructions will be provided to you.

ACTIVITIES

Walking is permitted and encouraged. Start with short walks and gradually increase the distance and length of time that you walk. Climbing stairs is also permitted.

Driving may be resumed following surgery. If you continue to take pain medication though, driving should be avoided.

Expect that for a time after surgery, stamina and strength will be slow to return and residual fatigue may be present. This is a normal process after any surgical procedure. Attempt to increase activities gradually but rest when necessary.

WOUND CARE

Stitches are placed just beneath the surface of the incision. They are fashioned from the type of material that is absorbed by your body in about 4-5 weeks and therefore do not need to be removed. Occasionally, you will note a small white string at your incision site. This can be cut at the surface with a clean pair of scissors.

Steri-strips may be removed as they begin to lift off the wound. If they do not begin to do so, they may be completely removed ten days after surgery. Moisten the strips with a little peroxide if they are stuck to the incision. You may wash the wound with mild soap and water after the steri-strips are removed.

Any staples or sutures remaining at the time of discharge will be removed at the first office visit.
MEDICATIONS

Pain medications will be prescribed for you at the time of discharge. We recommend Extra Strength Tylenol Elixir or Ibuprofen Elixir (Advil, Motrin, etc.) for mild to moderate pain. These can be purchased over-the-counter and are labeled as “Children’s Formula”. It is the same medication, as long as taking an adult dose. For severe pain, Ibuprofen elixir may be taken in conjunction with your pain medication.

Liquid Ibuprofen – Usual strength is 100mg/5ml. – Usual adult dose 200 to 800 mg every 4 to 6 hours:

- 200mg = 10ml.
- 300mg = 15ml.
- 400mg = 20 ml.
- 500mg = 25ml.
- 600mg = 30ml.

Do not swallow pills, medications will need to be crushed or taken in liquid form (see attachment).

Stool softeners (i.e. Colace Elixir) or laxatives (i.e. Milk of Magnesia) may be necessary following surgery if you do not have a spontaneous bowel movement. Call the office if the problem persists.

RETURN TO WORK

Most patients will be able to return to work or their usual level of activity within 1 to 2 weeks following surgery. This may need to be an individualized decision between you and your employer.

CALL THE OFFICE

If you have any problems or questions, please call the office at (323) 442-9066. Call if you have persistent problems with:

- Fever greater than 101.5 degrees
- Increasing pain or swelling at the surgical site.
- Pus or redness around the incisions
- Increased difficulty swallowing or change in swallowing sensation

Please call the office 323-442-9066 onedaysterafter discharge to schedule a follow-up appointment with your doctor.