

DISCHARGE INSTRUCTIONS FOR CRYCOPHARYNGEAL MYOTOMY SURGERY

Follow-up: Call 303-788-7700 for an appointment to see Kate for office follow-up 10-14 days after the procedure.

Diet: See attached

For the first 2 days, you may have clear liquids. Then proceed to attached diet.

Take small bites, eat slowly, and chew thoroughly before swallowing. It may take a few weeks to a few months before you are able to swallow normally again without pain or without food sticking. Be especially cautious with bread and meat as they are most prone to stick. If you have food sticking, or have regurgitation or vomiting, go back to a liquid diet until you are not having these problems.

If liquids are coming back up on you, especially if you are not able to take at least 1.5 liters/ day of water or clear liquids, call the office. Carbonated beverages may cause excess bloating and you are cautioned to stay away from them until your system has recovered from surgery; then you may try them gradually.

If you become constipated it is okay to use a laxative periodically.

If Food Sticks:

It is not uncommon for patients to experience food sticking for 1-2 weeks after surgery – sometimes the only thing you feel is severe pain on swallowing. When this happens the best things to do are to stand up, to walk around slowly, and to try sipping some lukewarm water. Generally these pains will pass within 10-15 minutes; if they persist longer you should call the office.

Activity:

In general, you may resume normal nonstrenuous activity as soon as you are up to it.

Pain Medication & Medication Reconciliation:

You will have been given a prescription for a GI cocktail to take as needed. You may take Acetaminophen (Tylenol), as directed on the package, up to 3000 mg/day as needed as well.

You may resume other medications you were on prior to surgery. You may have been given a sheet that reviews your medications upon discharge from the hospital. Unless we have specifically informed you of any changes, if there are questions about your usual medications we ask that you review these with the provider that prescribed the medication.

You have a prescription for an anti-nausea medication, probably prochlorperazine (Compazine). Use this as directed if you are nauseated, in order to avoid retching.

Call for:

Fevers to more than 101 ° F, or with chills.

Unusual chest pain, leg pain, or neck pain.

Increasing cough or sputum production, or difficulty breathing, as these can be signs of aspiration.

Please do not hesitate to call with any other questions.

Other:

For non-urgent questions, you may email Kate at kate@sofisite.com. Please allow 24-48 hours for response

DIET INSTRUCTIONS AFTER CRICOPHARYNGEAL MYOTOMY

Items marked with an X may be consumed

Post-Procedure Week:	Day 3- Week 1	Week 2	Day before visit
Chicken Broth, Strained cream soups	X	X	X
Sorbet, Ice cream, smoothies*	X	X	X
Liquid Nutritional Supplements	X	X	X
Pudding	X	X	X
Milk	X	X	X
Gelatin	X	X	X
Yogurt	X	X	X
Cottage cheese	X	X	X
Well-cooked and pureed vegetables (no chunks, no potatoes)	X	X	X
Chewable vitamins	X	X	X
Clear liquids (coffee, tea, juice, popsicles, etc)	X	X	X
Moist & boneless fish			X
Canned fruits without skins			X
Bananas			X
Melons			X
Berries			X
Tofu			X
Meatless casseroles			X
Soft eggs			X
Cooked vegetables			X
Pasta			X
Soft & moist rice			X
Noodles			X
Cereals softened in milk			X
Bread			X
Fresh vegetables			X
Meats			X

*cold liquids may cause some discomfort in the chest.