

Instructions Following Repair of Zenker's Diverticulum

General

Cricopharyngeal Myotomy and Repair of Zenker's diverticulum is performed to address an abnormal pouch (diverticulum) that originates above a constriction at the entrance to the esophagus. The pouch forms because high pressures are required to force food and liquids from the mouth, through the constricted area, and down into the esophagus. Over time, a weak area in the lining of the throat eventually balloons out into the surrounding soft tissue. Patients with a pharyngoesophageal (Zenker's) diverticulum may experience difficulty swallowing and regurgitation of the swallowed material that gathers in the pouch.

Diet

You may have clear liquids by mouth once you have awakened from anesthesia. Only clear liquids are allowed for the first 24 hours. After 24 hours you may begin a soft food diet and continue this for **2 weeks**. The soft diet includes foods such as mashed potatoes, yogurt, scrambled eggs, pudding, jello, soups, soft pasta noodles, smoothies and ice cream. Until cleared by your doctor avoid foods that have a hard edge or are difficult to chew such as meat, bread, tortilla chips, french fries, vegetables, etc.

Rule of Thumb.... If you have to chew it before you swallow it, You may not have it!!!

Activity

No heavy lifting or straining for 2 weeks following your surgery

Pain Control

You are likely to experience a mild to moderate sore throat for several days following surgery. Pain may also be referred to the ears. Don't be alarmed if you experience earaches during the first 1-2 weeks after surgery. The throat and ear pain is usually well controlled with prescription strength oral pain medications. These narcotic pain medications can cause constipation. If you have not been prescribed a medication for constipation then you should take an over-the-counter laxative or stool softener while you are on the prescribed pain medication.

***** Your physician will send 2 prescriptions in for surgery. One will be an antibiotic and one will be pain medicine. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.*****