



Post- Operative Instructions Esophageal Surgery

1. No alcoholic beverages or cigarettes.
2. Use humidification as much as possible and stay well hydrated to encourage a healthy healing environment for your throat and esophagus.
3. Avoid spicy/"Cajun" foods for one month and treat any acid reflux as needed.
4. Complete any medication you receive while in the hospital.
5. Your post-operative appointment should be scheduled and kept.
6. Contact the office if you have any questions.

ACTIVITY RESTRICTIONS

1. Rest with limited activity at home for 24-72 hours.
2. Avoid lifting (greater than 10 pounds), straining, or vigorous activities for at least 2 weeks.
3. You may return to work/school in generally after 1 to 2 days if your pain is controlled without narcotics/controlled substances and you feel up to it. It is okay to rest and recover for longer if required.

DIET

1. **AVOID:** citrus fruit juices, hot and highly seasoned foods and chips
2. **FIRST WEEK:** Drink abundant amounts of water and small quantities of milk. Ice cream or sherbet may also be taken. Smoothies, Ensure shake, Boost, Pedialyte, mashed potatoes, scrambled eggs, milk, strained cereal, malted milk, Jell-O, pudding, beef and chicken broth may be added to diet
3. **SECOND WEEK:** In addition to the foods above soft foods may be added gradually. This includes foods with the consistency of soft pasta or noodles.
4. **THIRD WEEK:** Regular diet is slowly resumed.

HOW WILL I FEEL AFTER MY SURGERY?

1. A sore throat is common following this surgery and may last for 1 week.



2. Sores in the mouth, or swelling of the lips may occur, and should resolve within one week. You may also have a metallic taste in the mouth, taste change, tongue numbness and/or swelling. This should also be resolved in approximately 1-2 weeks.
3. You may experience some nausea/vomiting which should improve in the first day. Notify your physician of any nausea and/or vomiting that you may have.
4. You may have low-grade fever, less than 100 degrees for a few days.

PAIN MANAGEMENT

1. Take tylenol and/or motrin as-needed for pain. You may alternate these medications every 3 hours for up to 3 days for pain management. You may receive prescriptions for pain medications, possibly antibiotics and medications for nausea if needed.
2. Take pain medication as prescribed every 4-6 hours as needed. Eating will be easier in one-half hour after taking pain medication.
5. Use nebulized saline and humidification as much as possible but especially while asleep to help decrease throat/airway irritation and encourage good healing.

WHEN SHOULD I CONTACT MY DOCTOR OR SEEK MEDICAL EVALUATION?

1. If you have chest pain, back pain, lightheadedness within the first 48 hours or upon standing.
2. If you have difficulty breathing or inability to swallow.
3. If you have persistent vomiting.
4. If you have progressive low neck pain.
5. If you have neck swelling and/or redness or progressively worsening pain.
6. If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.

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