



## Post-Operative Care Instructions for Zenker's Diverticulum Surgery or Esophageal Dilatation

### Pain Management:

- **Expected Symptoms:** Sore throat, ear pain, stiff neck, headache, sour breath, and diminished taste may occur. These symptoms result from tenderness at the surgical site and referred pain to the head and neck. A temperature of up to **38.5°C** is common after surgery and should decrease with pain medication. Notify the doctor if your temperature rises above **38.5°C**.
- **Bleeding:** A small amount of blood-tinged sputum is normal and should resolve within a few days.
- **Contact your surgeon immediately** if bleeding is persistent, bright red, or occurs at rest.
- **Medications:** Take pain medications as needed. If oral medications are ineffective, young children may receive suppository pain medication.
- **Additional Tips:** Frequent chewing and staying hydrated may alleviate pain.
- These symptoms should subside within a few days.

### Diet and Hydration

- **Food and Drinks:** Begin with soft foods and liquids. Gradually transition to solid foods as tolerated over the next few days.
- It is critical to stay well-hydrated during recovery.
- Administer pain medication **15-30 minutes before meals** to ease swallowing discomfort.

### Activity

- **Restrictions:** No specific restrictions unless advised otherwise by your doctor.

### Post-Operative Appointment

- A follow-up visit will be scheduled approximately **2-4 weeks** after surgery.
- During this visit, your surgeon will assess the surgical site and monitor the healing process.

### When to Call the Doctor

- **Severe neck stiffness** accompanied by fever, fatigue, and headache
- **Fever over 38.5°C** not resolved with paracetamol or recurrent fevers
- **Persistent bleeding** that doesn't stop after initial measures (seek emergency care)
- **Signs of dehydration:** little to no oral intake, lethargy, dark urine

### Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.