POST OPERATIVE INSTRUCTIONS
Endoscopic Staple Diverticulostomy

This sheet explains post-operative care after surgery. Please read these instructions carefully. If you have any questions or concerns, either before or following the surgery, please call the office at 540-347-0505. The post operative patient will be discharged from the Outpatient Department of the hospital after he/she is fully awake and the danger of serious bleeding or perforation is slight. If decision is made to admit overnight, you will generally be discharged the following morning.

WHAT TO EXPECT AFTER ESD Surgery

Discomforts After Surgery – Complaints of sore throat, ear pain, stiff neck, headache is not unusual. The tongue may be somewhat swollen and sluggish causing some speech and swallowing difficulties typically for less than one week. The voice may also be hoarse temporarily.

Diet – No eating or drinking after surgery until the following day EXCEPT for sips of water to help swallow medications. For breakfast on the first day after surgery, a clear liquid diet can be started. Depending on how that goes, the diet can be SLOWLY advanced meal by meal or on a daily basis. If there's any pain or difficulty swallowing, do NOT advance the diet. Only if things feel good and swallowing goes well should diet be advanced step by step as described below.

1) Clear liquid diet (water, tea, soup broth, ginger ale, gelatin, etc)
2) Full liquid diet (milk, ice cream, yogurt, sherbert, puddings, all juices, etc)
3) Pureed diet (smoothies, mashed potatoes, etc)
4) Soft diet (pasta without meats, scrambled eggs, pancake, waffle, etc)
5) Mechanical soft diet (fruits, vegetables, bread products, etc)
6) Regular diet (whatever you want including meat products)

Activity – Light activity is encouraged. But no heavy exertion or lifting anything that would require straining. Everyone heals and feels better at a different rate. Do not be surprised if your experience is different than others you have talked with.

Fever — A temperature of 101 to 101.5 for up to a few days is not unusual following surgery. Notify us if it does go higher. Generally speaking, fevers within the first week of surgery is due to inadequate breathing into the lungs. Start breathing exercises where you slowly breathe in for 5 FULL seconds and out for 3 seconds. Do not lay in bed during the daytime. Take a slow walk around the home and/or neighborhood.

Medications — At the pre-operative visit, prescriptions will be given. These are to be filled at your convenience for use after the surgery. These include an antibiotic to prevent infection, a pain medication for discomfort, and one to ease nausea. We ask that you take these as directed.

CONSTIPATION — In adults, it is not unusual to develop significant constipation as a side effect of taking narcotics. If it happens, the first step is to take over-the-counter Colace 100mg 2x per day as well as milk of magnesia as directed on the bottle. If constipation fails to resolve within 24 hours, try using a dulcolax suppository and/or Fleets enema.

Return Appointment — A post operative appointment typically is scheduled for two weeks after the surgery. If you live far away, this appointment is not absolutely necessary.

CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING

1. Severe chest or back pain which may indicate an esophageal perforation (or heart attack, pneumonia, pneumothorax, etc).
2. Fever over 101.5 degrees that fails to resolve with deep breathing
3. Signs of dehydration - no intake by mouth, lethargy, no urine output, urine the color or orange juice. We generally recommend going to ER where they will be able to put an IV in and give IV fluids to rehydrate the body.