



Institute of Esophageal and Reflux Surgery

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DISCHARGE INSTRUCTIONS FOR LARGE CALIBER BALLOON DILATION (Esoflip) AND ABLATION

FOLLOW-UP:

The office will call/email you in 2 weeks to see how your swallowing is going. We may want to obtain another esophagram at that time as well.

Diet: () Stay on thick liquids for 2 days after the procedure. You may then slowly advance your diet as your swallowing allows.
() You may start on clear liquids and advance as your swallowing allows.

GENERAL:

Take small bites, eat slowly, and chew thoroughly before swallowing. 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 repeatedly, 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 stool softener or laxative. Please follow the directions on the label.

IF FOOD STICKS:

It is not uncommon for patients to experience food sticking for 1-2 weeks after the procedure – 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 have been given a prescription for a narcotic pain reliever, usually hydromorphone (Dilaudid), unless you are unable to tolerate.

As soon as you are able, please switch to acetaminophen (Tylenol). You may take up to 1000mg every 8 hours. If you are able, you may also use ibuprofen (Motrin, Advil) 400-800mg every 8 hours as well. Alternating these medications can be effective and reduce your need for narcotics.

If you have had an ablation, you may have been given liquid prescriptions for xylocaine. Please mix 2 ounces xylocaine with 12 ounces of Mylanta and sip as needed.

CALL FOR:

- Fever over 101.5
- Significant inability to swallow liquids
- Unusual chest or leg pain

QUESTIONS AND CONCERNS:

For non-urgent questions, you may email info@iersurgery.com. Please allow 24-48 hours for response. If you have an urgent issue that cannot wait until normal office hours, please call the office 303-788-7700.