



## **DISCHARGE INSTRUCTIONS CRICOMYOTOMY**

### **Follow-up:**

We will call you at 2 weeks and 6 weeks after your surgery. If you have questions before then, you can call the office: 303-788-7700, or email us at [info@iersurgery.com](mailto:info@iersurgery.com). Please allow 48 hours for response. If you have an urgent matter, please call the office.

### **Diet:**

Start with clear liquids for the first 48 hours after surgery. You may then advance to thick liquids (yogurt consistency) for a few days. If your swallowing is going well, you can advance your diet to soft mushy foods (well steamed vegetables, well done pasta, eggs, soups, etc) until your follow up appointment.

Pills can be very difficult to swallow- this does not mean the surgery did not work. You may try to take pills with apple sauce or yogurt if they do not go down with water/liquid. *Please check with your pharmacist before crushing any prescription medications.*

### **Activity:**

You may resume regular activity as tolerated.

### **Incision:**

Your incision has been sealed with super glue. You may shower. Please do not use lotions or oils until the glue comes off (approximately 2 weeks) as this can make the glue sticky.

### **Pain Medication:**

You will have been given a prescription for pain medication, take them as needed. If you are able, you may take Tylenol and/or ibuprofen (Advil, Motrin) along with the pain medication and reduce the amount of narcotics required for pain control. Please follow the directions on the label. Please switch to Tylenol and/or ibuprofen alone as soon as your pain allows. It can also be helpful to ice your incision to reduce pain and swelling.

\*The prescription pain medication, as well as anesthesia, can make you constipated. It is ok to take a stool softener or laxative as needed for constipation.

You may resume your usual medications after surgery.

### **Call for:**

Fevers over 101.5

Unusual chest pain, leg pain, neck pain

Increasing cough or sputum production, or difficulty breathing as these can be signs of aspiration.

For non-urgent questions/concerns, feel free to email us at [info@iersurgery.com](mailto:info@iersurgery.com).

For any urgent questions- please call the office.