



## CRICOMYOTOMY DISCHARGE

**Kate will call/email you about 2 weeks after surgery to see how your swallowing is going. If you have questions before then, you can email her: [kate@iersurgery.com](mailto:kate@iersurgery.com). If you have urgent questions/concerns, please call the office.**

**Diet:** have clear liquids for the first 48 hours after surgery. You may then advance to full liquids for 2-3 days.

**Advance to soft diet** if your swallowing is going well. Pills tend to be the worst to swallow- try taking them with apple sauce or yogurt instead of water. If liquids are coming back up on you, 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.

**Activity:** You may resume regular activity as tolerated.

**Incision:** Your incision will have super glue on it that will come off in a few weeks. You may shower, but no lotions or oils to the incision until the glue comes off as it makes the glue sticky.

**Pain Medications:** You will have a prescription for pain medications. Take them as needed. You may need a stool softener or laxative as pain medications tend to make people constipated. You may change over to Tylenol and or advil, aleve, etc as you wish.

You may resume your usual medications as you normally take them.

**Call for:**

Fevers to more than 101 ° F, or with chills.

Unusual chest pain, leg pain, or neck pain.

Increasing cough or sputum production, or difficulty breathing, as these can be signs of aspiration. Please do not hesitate to call with any other questions.

**Other:**

For non-urgent questions, you may email Kate at [kate@iersurgery.com](mailto:kate@iersurgery.com) Please allow 24-48 hours for response