

# Esophagoscopy with Dilation

## What to expect for your surgery:

The surgery will be performed under sedation or occasionally under general anesthesia. You should expect to go home on the same days as your procedure.

The procedure is typically brief lasting under 20 minutes and will involve examining your esophagus followed by dilation of the portion of your esophagus that is presumed to be responsible for your swallowing problem.

Please make sure not to eat or drink anything after midnight the night before unless you need a small sip of water for medications on the morning of the procedure.

### Contact Info:

**Maurits Boon, MD**  
**Joseph Spiegel, MD**  
**Colin Huntley, MD**

Thomas Jefferson University  
Otolaryngology – Head and  
Neck Surgery

925 Chestnut Street, 7<sup>th</sup> Floor  
Philadelphia, PA 19107

Phone: 215-955-6760

Fax: 215-503-3736

# What to expect after your surgery:

Pain following the procedure is typically mild. Many patients do not require pain medication. A prescription medication will be provided to control pain. For mild pain, it is acceptable to use acetaminophen or ibuprofen. However, note that the pain prescription provided may contain acetaminophen and therefore, you should not use acetaminophen if you are also using the prescription pain medication.

While some patients may experience improvement in symptoms immediately following the procedure, others may not notice a difference for several weeks.

Unless otherwise directed by your physician, you may resume your preoperative diet after the procedure. If necessary, a soft diet may be more comfortable for the first few days of your recovery.

You may resume all preoperative medications after surgery.

You may shower on the first postoperative day.

**Please call your physician if you experience any of the following: chest pain, upper abdominal pain, upper back pain, shortness of breath, neck swelling, discharge from the wound, bleeding, fever >100.5, inability to swallow liquids or excessive pain not controlled by the pain medication provided.**

# Your First Postoperative Visit:

A postoperative appointment should be made within 1-2 weeks following the procedure. If one has not been previously scheduled, please call the office for an appointment.

At this visit, a fiber optic camera will be used to examine your throat.

While most patients experience improvement in swallowing, the degree of improvement will vary. Some will notice that swallowing will improve to the normal range. Others will feel that there is a significant improvement but that there are still some foods and medications that may be more difficult. While it is unusual not to notice some improvement, there will be a small group of patients who don't feel that symptoms improved after surgery. If you are having continued problems, it should be discussed with your physician in follow up.

*These instructions can be found online at: **[Philadelphiasleepsurgery.com](http://Philadelphiasleepsurgery.com)***