

Stapling of Pharyngeal Pouch

Discharge Advice

Overview of pharyngeal pouch:

The normal pharynx acts as a passage from the mouth to the main airways and gullet (oesophagus). During swallowing, food passes from the mouth to the pharynx and into the upper oesophagus. A weakness in the muscle wall of the upper oesophagus can lead to the formation of a blind ending sac called a pharyngeal pouch. If the pharyngeal pouch is causing symptoms, surgery to improve swallowing may be indicated.

Stapling of pharyngeal pouch surgery:

The aim of this procedure is to prevent food collection within the pouch. A tube with a camera on the end (an endoscope) will be passed into your mouth to examine the pouch. The stapling gun will then staple and cut the band separating the pouch from the pharynx aiming to create a single common cavity. Hence no food will be accumulated within the pouch.

Discharge Advice following pharyngeal pouch repair:

Diet

You will be asked not to eat and drink for a few hours immediately after surgery. After that you then will be asked to sip water and clear fluids before progressing to soft food.

Pain

Most patients experience some soreness in the throat for the first few days after surgery. Simple painkillers should ease the discomfort. As the procedure is performed via the mouth, there may be some bruising/cracking to your lips, tongue and gums. You can apply Vaseline to any cracks on your lips in order to keep the area moist. Severe chest/back/shoulder pain, fever or a racing pulse may indicate the formation of a hole within pharynx/oesophagus. If you experience any of these symptoms, you should attend your closest emergency department.

Swallowing

Surgery improves swallowing in the majority of patients. Sometimes other conditions altering the swallow maybe present leading to persistent symptoms after surgery.

Recovery

You should take it easy for the first few days after surgery. If in employment, you will require 10 days off work. A sick note can be supplied upon your discharge.

Smoking

You are strongly advised to stop smoking as this causes irritation to your throat.

Follow up

You will be advised prior to discharge whether or not a follow up appointment is required.

If you experience any of the following, you should attend your nearest emergency department:

- Chest or back pain.
- High temperature.
- Difficulties or severe pain on swallowing.
- Increased pain not controlled with simple painkillers.

EMERGENCY DISCHARGE INFORMATION

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633 234018

After 17:00/overnight (adults): Ward C0 01633493926.

In the event of an emergency, attend your closest Accident & Emergency department

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