

Surgeon - Dr. Manoj Kumar

Date of Procedure _____

Esophagoscopy / Trans-Nasal Esophagoscopy / Dilatation

You have been scheduled for a procedure on your esophagus. The esophagus is the tube that runs from your mouth to your stomach and transports food when you eat.

This procedure permits the otolaryngologist to obtain important information about the esophagus and throat in a fast, effective, and safe way, using your mouth or nose as a passageway into your throat and esophagus.

This procedure can help diagnose many conditions involving the throat and voice box, including:

- ⑩ Heartburn or Reflux symptoms that do not go away with antacid medications
- ⑩ Difficulty swallowing - Feeling that something is stuck in your throat
- ⑩ Chronic post nasal drip
- ⑩ Bad breath that does not go away
- ⑩ Chronic cough
- ⑩ Long-term upper respiratory problem in a smoker
- ⑩ Throat pain that does not go away

What is involved in an esophagoscopy?

This procedure usually takes less than 30 minutes and is done using general anesthesia or sedation and numbing medication is administered to the nose and throat. During the esophagoscopy, a high-tech camera in the endoscope enters the mouth or nose and passes into the throat and allows us to evaluate the tissues in the back of the throat and the esophagus. If a Trans Nasal Esophagoscopy is done we go through the nose it will evaluate the posterior nasal areas as well. The voice box area can be evaluated and biopsies are able to be acquired during this procedure if needed.

Dilatation is often also performed when a patient has difficulty swallowing or has the feeling of something is stuck in the throat. After visualization with the camera long flexible dilation tubes are placed into the throat to the area that the surgeon noticed a stricture or tightening of the esophagus. These dilation tubes are specifically tapered to a very small end and gradually increase in size to slowly dilate the stricture and open the esophagus back up to a more normal diameter for proper swallowing.

What should I expect after surgery?

After surgery the patient is monitored in the recovery room and will usually go home within 1 hour if no complications are present. Patients usually experience grogginess, irritability, and/or nausea from the anesthesia can occur temporarily. After you wake up, your throat and tongue may be sore or may feel numb after your procedure. These feelings go away with a few hours. You should not eat solid food until the numbness is gone to avoid any food going down the “wrong

pipe” (aspiration). You may be asked to try to sip some water to see how well you can swallow before you leave the recovery room. You should increase your food intake as tolerable once you are home.

We recommend cool / cold soft foods for 7-10 days and drinking plenty of fluids.

Pain medications are usually not needed after this procedure except for throat lozenges and Acetaminophen / Tylenol for discomfort. You may also gargle salt water to help alleviate throat discomfort.

Follow up appointments after this procedure are usually 3 weeks post-operative.

Possible complications:

Patients who have the esophageal dilation procedure performed by a doctor who is specifically trained in this area rarely experience any complications. However, problems can occur just like with any other medical procedure, but they are highly unlikely. In a minimal number of instances, the esophagus becomes perforated, and these patients may need surgery to correct the issue. In some cases, bleeding occurs when the esophagus becomes torn. Sometimes, patients experience side effects from anesthesia such as nausea.

Although complications are rare, some conditions increase their likelihood, such as obesity and smoking. Diabetes and heart and lung disease also contribute to the possibility of difficulties after this procedure. If there are going to be any complications from this treatment, you may experience some early signs. Let your physician know right away if you notice any of the following symptoms after your procedure:

- ⑩ Black stools
- ⑩ Blood in the stools
- ⑩ Difficulty swallowing
- ⑩ Trouble breathing
- ⑩ Fever of 101 and above
- ⑩ Chest pain

*Thank you for allowing us to care for you at the Cortland Surgical Center
if you have any questions please contact us at (607) 662 - 4521*