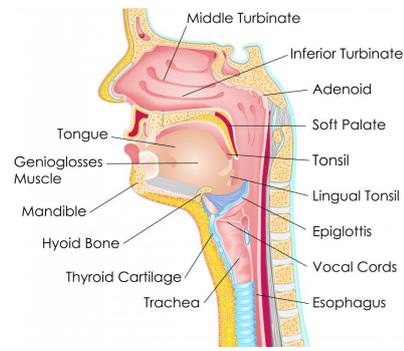




# Panendoscopy

Post Op Appointment:

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## The Recovery

The recovery from Panendoscopy varies greatly between patients depending on the specific indication, which locations inside your throat may be abnormal, or which locations have been biopsied. You should have someone at home with you for the first night after the surgery. If this is not possible please discuss this with me.

It is normal to have:

- a sore throat for about 1 week
- minor amounts of blood streaking in your phlegm for a few days.
- a bruised feeling in your throat/back of tongue and bruised upper gums for those with dentures.

## Time Off

You will typically need from 2 to 7 days off work. I advise no exercise/exertion during this period. *Please ask for a certificate if needed.*

## Diet

It is important to stay well hydrated - I recommend three extra glasses of water per day. A normal diet is safe although softer foods are often easier to tolerate if your throat is sore.

Some useful examples are:

- Dairy foods; yoghurt, milk, smoothies, soft cheeses, ice cream.
- Vegetables; steamed or boiled, mashed potatoes/pumpkin, soups.
- Fruit; pureed or stewed.
- Proteins; Eggs poached or scrambled, fish, baked beans, mince meats.
- Grains; breakfast cereals (softened with milk), porridge.

## Post Op Medications

Prescriptions will be individualised according to other health issues, age, weight and any allergies. The key is to take regular pain relief even if you feel ok to avoid severe pain occurring.

My typical prescription is for:

- 1) Regular Paracetamol 4 times daily for 5 days
- 2) Regular Celebrex (a newer anti-inflammatory) twice daily for 5 days
- 3) Some patients may require Oxycodone (a strong opiate pain killer). If this is being used and you are developing constipation please ask your pharmacist for advice regarding commencing laxatives.

## Post Op Problems

**Bleeding.** There should be no further blood in your phlegm beyond 48hrs. If you do have ongoing bleeding, a few small specks or streaks in the saliva can be managed at home with sucking on ice.

**Any ongoing, active or fresh bleeding needs to be reported to me by either:**

- 1) In hours call me via my office 52218490.
- 2) After hours call me on my mobile 0425746617. If concerned I may direct you to attend the SJOG Emergency dept (now open 24hrs).
- 3) **If you are unable to get in contact with me please attend the Geelong Hospital Emergency Department** as there is always an ENT registrar available and an ENT surgeon on call. I do not work at the Epworth so please do not present there.  
OR
- 4) call an ambulance on 000.

## Breathing Difficulties

After a biopsy inside the voice box there can be temporary swelling inside the throat. If you develop noisy breathing or severe breathlessness you should call 000.

## Perforation of the Oesophagus

This is a rare complication of oesophagoscopy, but more common where an oesophageal tumour is present. Symptoms are feeling very unwell, a fever, and marked chest/upper back pain when swallowing. If you are concerned please contact me and or present to the Emergency Dept.

### DO

**Take regular analgesia to prevent your pain becoming severe. Keep well hydrated and try to maintain your nutrition.**

### DON'T

**Exercise/exert yourself for 1 week  
Smoke during your recovery period**