



## ZENKER'S DIVERTICULUM POSTOPERATIVE INSTRUCTIONS

### **Call our office if**

- 1) Fever occurs.
- 2) Bleeding occurs.
- 3) Heart racing occurs.
- 4) Patient vomits.
- 5) Patient becomes listless, hard to arouse.
- 6) Urine changes color, especially if it becomes cola-colored.

### **Follow your surgeon's instructions regarding**

- 1) Maintain a liquid diet for one week. Your physician will discuss advancing your diet at your follow-up appointment after surgery.
- 2) Drink plenty of fluids.
- 3) Avoid blood thinners such as Aspirin, Coumadin, Heparin, Plavix, and Eliquis. You will need to discuss being off this medication with the physician that prescribes it. They will determine how long you can hold this medication before and after surgery.
- 4) Avoid strenuous activities or becoming overheated for 1 week following surgery.

### **Pain Management**

- 1) If given a prescription for narcotic pain medication, you can alternate with Motrin 600mg every 3 hours.
- 2) If no narcotic is given, or if you prefer not to take the narcotic, you can alternate Tylenol 500mg with Motrin 600mg every 3 hours.

**Please contact our office at 478-743-8953 if you have any questions or concerns.**