



Postoperative Care Instructions Following Zenker's Diverticulectomy

Medications

- Alternate Tylenol (acetaminophen) 500mg with Motrin 600mg every 3 hours as needed for pain.
- Take antibiotics as prescribed.
- Resume all other medications unless otherwise noted.

Activity

- **For 24 hours:** Limit your activity for the next 24 hours and get plenty of rest.
- **For 1 week:** No heavy lifting or pushing, active sports, strenuous exercise, or heavy household work. Objects more than ten pounds are considered too heavy.
- Some blood-tinged mucus is normal right after surgery.

Diet

- Maintain a **soft diet** for **one week** following surgery.
- Advance diet as tolerated after one week or when cleared by your doctor.

Call your doctor (or go to the emergency room) if you have.

- Fever over 101.5 F
- Any active bleeding
- Any trouble breathing.
- Neck becomes red, swollen, or warm to touch.
- Patient becomes listless, hard to arouse.
- Urine changes color, especially if it becomes cola colored.

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

Please attempt to contact our office first so that we may advise you appropriately. If for any reason, you are unable to reach our office or your surgeon in an emergency, please go to the nearest emergency room.