JAY GOSWAMY

BESPOKE ENT CARE | MANCHESTER

Post-Operative Care Following Retrograde Cricopharyngeal Dysfunction (R-CPD) Surgery

Botox Injection for R-CPD / Inability to Burp | Patient Information Leaflet

Practice Contact Details: Phone: 0161 5 708 807 (Mon-Thu 10am-3pm, Fri 10am-2pm) | Email: care@jaygoswamy.com

This leaflet provides comprehensive post-operative guidance to support your recovery following R-CPD treatment. Please keep it to hand for reference.

THE PROCEDURE & PRE-OPERATIVE CHECKLIST

Pre-Operative Considerations

Before surgery, we ensure there are no baseline issues with swallowing, unexplained weight loss, or active throat infections. Please notify the team immediately prior to admission if you develop a sore throat or fever.

Surgical Procedure & Day Case Admission

The procedure is routinely performed as a **day case operation** under **general anaesthetic (GA)**. The cricopharyngeal muscle is carefully assessed and dilated under direct vision.

Botox A Injection Technique

Botox A is injected precisely into the **posterior quadrant of the cricopharyngeal muscle**. This specific technique is used to prevent any anterior displacement or tracking of Botox towards the larynx (voice box), minimizing voice changes or weakness.

WHAT TO EXPECT AFTER SURGERY

Lump in Throat Sensation

All patients feel a lump in the throat sensation for a few days after surgery. This localized sensation is completely expected as the cricopharyngeal muscle responds to dilation and injection.

Botox Onset & Burping Resume

• **Botox Onset:** Botox takes **5 to 7 days** to start working and relax the upper oesophageal sphincter.
• **Resumption of Burping:** Burping normally resumes after **5 days** and is usually not excessive.

Long-Term Outcome & Presumed Neuroplasticity

Although Botox wears off naturally over 3 to 6 months, the procedure **usually does not need to be repeated**. This lasting response is attributed to presumed neuroplasticity—retraining the brain and sphincter mechanism to burp naturally.

POST-OPERATIVE DIETARY PROGRESSION TIMELINE

Following this step-by-step dietary plan will ensure safe swallowing while the sphincter muscle relaxes.

First 24 Hours

Liquids only. Stick to water, clear broths, smooth juices, and lukewarm teas.

24 to 72 Hours

Soft diet: Focus on soups, smooth yoghurts, protein shakes, and smoothies.

72 Hours to Day 7

Transition back to your **normal baseline swallowing** and solid foods.

After Day 7

Experiment with **larger meals and carbonated (fizzy) drinks** to test burping!

SURGICAL RISKS & POTENTIAL COMPLICATIONS

During Surgery (Intraoperative)

Risks during rigid instrumentation include minor damage to teeth, lips, or

After Surgery (Postoperative)

Temporary difficulty swallowing (slow transit or transient regurgitation) or

Late / Long-Term Considerations

In a small percentage of cases where symptom relief fades after Botox wears

gums, and oesophageal tear or perforation (**all less than 1% risk**).

initial lack of improvement before Botox takes full effect.

off, a **repeat procedure** may be considered.

IMPORTANT: WHEN TO CONTACT THE TEAM

Please contact the medical team or seek urgent medical advice if you experience any of the following:

- **Difficulty Swallowing:** Severe or worsening difficulty swallowing liquids or solids.
- **Voice Changes:** Significant hoarseness, weak voice, or breathiness while speaking.
- **Feeling Breathless:** Any shortness of breath, noisy breathing (stridor), or respiratory distress.

WHEN TO SEEK MEDICAL CARE (RED FLAGS)

Contact the practice immediately or attend the Emergency Department if you notice any of the following warning signs:

- **Severe Dysphagia:** Inability to swallow liquids or manage saliva.
- **Shortness of Breath:** Feeling breathless or difficulty taking a deep breath.
- **Voice Alterations:** Persistent or worsening voice change or hoarseness.
- **Severe Chest / Neck Pain:** Severe sharp pain in the neck or chest (sign of perforation).
- **High Fever:** Temperature over 38°C with chills or feeling unwell.
- **Bleeding:** Spitting up or vomiting fresh red blood.

PRACTICE HOURS & CONTACT DETAILS

Practice Operating Hours

Monday – Friday: 9:00 AM – 5:00 PM

Telephone Availability

Monday – Thursday: 10:00 AM – 3:00 PM
Friday: 10:00 AM – 2:00 PM

This patient information leaflet was prepared by Mr Jay Goswamy, Consultant ENT Surgeon. It provides general guidance only and does not replace personalized medical advice. For urgent care outside practice hours (Mon-Fri 9am-5pm), attend your nearest Emergency Department or call 111/999 in an emergency.