

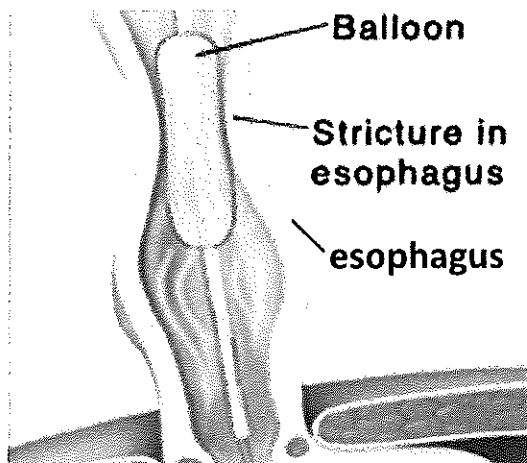
REACH* Clinic Information Sheet for Parents

Esophageal Dilation

Occasionally after surgery for esophageal atresia, the esophagus (the tube that connects the mouth to the stomach), becomes narrower due to scar formation or as a result of scarring from acid reflux. This narrowing is called a “stricture” and because it is difficult for food and even liquids to pass through normally, food feels like it is “stuck” in the chest causing discomfort.

When this happens, your surgeon will perform a procedure to enlarge the esophagus at the point of narrowing to restore a normal size, return normal swallowing and relieve discomfort.

This is a picture of the procedure:



How the procedure is done:

Your child will be sedated for this procedure. When your child is asleep, a small wire with a balloon attached is passed down the swallowing tube (esophagus) to the narrow part where the balloon is carefully inflated to stretch open the stricture.

You will be able to go with your child to the procedure until he/she falls asleep and you may join your child in the recovery area immediately after the procedure. Your doctor will discuss the procedure and any further instructions with you before you are discharged.

*REACH= Researching Esophageal Atresia in Children

After the procedure:

It is not uncommon to have some hoarseness (change in voice), and/or a slight sore throat on the day of the dilation. Cool fluids and ice cream can be soothing. The next day, your child should be able to eat as before the procedure. Your doctor/s will discuss post-procedure instructions with you including what to look for and when you must seek further medical care.

Before you come to the hospital:

You will be called by a nurse the day before the test between the hours of **12 noon and 5pm** to give you instructions for the day of the test and to answer any questions you may have. Instructions about arrival at the hospital for the procedure and instructions about feeding will be addressed by the nurse during the call.

Contact Information: Dr. Middlesworth 212-242-8585 Dr. Khlevner 212-305-5903

Outside of normal 9am to 5pm business hours, call 212-305-2418 (the Post Anesthesia Care Unit (PACU). Alternatively, the answering service will reach the physician on call.