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Author: freddiethecalathea - Total posts: 1340 - Filtered posts: 45

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Subreddit: noburp

Time : 2021-03-19 15:37:38

body :

oh my GOD i just found this group and omg ive NEVER heard of anyone else who gets the gurgle oh my god i cant believe im not ALONE!!!!!

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Subreddit: noburp

Time : 2021-03-20 19:21:07

body :

Gosh I literally had to double check I didn’t write this post because it is the exact same stuff I have gone through as well and I only found this group yesterday! I’m going to book an appointment with my GP on Monday but I’m not too hopeful as from this subreddit we clearly aren’t known about too much.

I’ve spent all day compiling sources and papers and articles and everything I can find to prove to my GP that this needs to be taken seriously. And since my gurgling has been unbearable today I’ve recorded all the sounds to show them

I’ve also had this for as long as I can remember but I’m now having to force myself to vomit multiple times a day and it’s just wrecking my quality of life.

Hope you get the answers you need and PLEASE keep posting because as a very very poor student in the same boat I’ll need all the advice I can get

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Subreddit: noburp

Time : 2021-03-22 06:42:47

Title : AMAZING news!!!

Selftext :

Ahhhh, I’ve struggled with RCPD for as long as I can remember but it has recently become unbearable. The other night I couldn’t cope anymore, I was making myself sick up to ten times a day just to release some air, it was awful, so I finally decided to bite the bullet and email around every local private ENT with special interest in laryngology and this morning I heard back from one saying he would love to help me out!!! He can see me THIS week as a private patient or in a few months as an NHS patient!!! And his fees are SO much less than Mr Karagama by the looks of it so I might actually be able to scrape together enough money from savings and student finance to get it done!!!!! Itll mean I can’t get a car quite so soon but a small price to pay to be able to BURP 😩😩😩😍

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Subreddit: noburp

Time : 2021-04-04 05:56:08

body :

Lil update!!! I am speaking to my GP on Tuesday for the referral. If they say no the ENT surgeon who will do the procedure has said he will write to them explaining the procedure and how it is affecting my quality of life and I will just keep trying. (not a great message lol but) I will not take no for an answer at this point, the GP has NO idea how it's affecting my quality of life so if they say no then I will just try another GP until someone takes it seriously. I was a little optimistic in this first post (just overwhelmingly excited to have made some sort of progress after so long) but my life is pretty shitty at this point because of it (I can't eat big meals, I am losing so much weight because of that, I can't have drinks with friends because alcohol sets me off hugely, I have ended relationships because it was so embarrassing having meals with someone and them asking what it was, and the other day someone asked me what that noise was when I was on the phone with them ): )

I will keep you all updated!

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Subreddit: noburp

Time : 2021-04-06 03:21:38

body :

I GOT THE REFERRAL!!!!! I was expecting SO much resistance but he said I had clearly done my research (I came armed with a named surgeon who wanted to do help, statistics, papers, etc) and didn't even ask questions or made me feel shit he just REFERRED ME!!!!! I'm a medic so I think that helped my confidence in approaching him with using proper medical jargon so maybe he took me more seriously so my advice is just compile the data and GO FOR IT and if it doesn't work the first time try and try and try again!!!!

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Subreddit: noburp

Time : 2021-04-11 10:00:57

body :

Im the exact same! it has plagued me my ENTIRE life and I thought I was completely alone! Then about a month ago I found this group, armed myself with evidence that I am actually \*suffering\* and went to my doctor. I've been referred to a laryngologist for the botox procedure!

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Subreddit: noburp

Time : 2021-04-11 10:02:21

Title : Life after botox???

Selftext :

I was recently referred to a laryngologist for the botox procedure but since it's on the NHS it'll be a while before I actually get seen. I'm curious what people have noticed after botox? VERY niche question but will it affect my voice? I'd love if it made me a better singer that'd be a lovely little bonus !!

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Subreddit: noburp

Time : 2021-04-11 10:05:17

body :

omg video please!

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Subreddit: noburp

Time : 2021-04-11 10:07:04

Title : Did you vomit as a child at all?

Selftext :

I've just read a post here about getting RCPD after vomiting which made me thing, I NEVER vomited as a child. I vomited when I was 5 and then didn't vomit again till I was 17 (because I had norovirus). I'm 22 now and still can't vomit (or burp obviously) unless I am incredibly drunk and then I guess I'm 'relaxed' enough to force it myself but again it never comes naturally.

Could that have been because of this? I've had RCPD for as long as I can remember (my mum remembers me gurgling and bloating when I was a kid) so could that have been why I physically couldn't vomit as a child?

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Subreddit: noburp

Time : 2021-04-11 10:09:32

body :

Inflammation of the oesophagus with eosinophilic infiltrates (they're normal blood cells that we all have but they can be raised in things like eosinophilic asthma and certain infections).

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Subreddit: noburp

Time : 2021-04-11 10:13:00

body :

Both of my parents can/could burp completely fine! ('could' because my dad has passed not because he stopped being able to!)

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Subreddit: noburp

Time : 2021-04-11 10:15:32

body :

SO weird - I wonder if it's related at all?! If I vomit now I definitely have to force myself to do it (lol tb to messy nights out). It definitely doesn't come naturally. I wonder if it's all to do with not being able to relax your throat enough to let ANYTHING out let alone air

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Subreddit: noburp

Time : 2021-04-11 10:51:05

body :

I'm not even a singer or have ever claimed to be! I just think how cool of a side effect would it be if I went from a bang average singer to having the voice of an ANGEL

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Subreddit: noburp

Time : 2021-04-18 16:52:55

Title : Contribute to doctors' understanding of RCPD!!! I'll comment the info about it below!

Selftext :

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Subreddit: noburp

Time : 2021-04-18 16:54:24

body :

There's this website which is aiming to build a database from patients of every single condition. I've used it before to answer questions about some other conditions but it has only just occurred to me that RCPD might be on it too and !!! They only need 29 more people to answer the survey for the RCPD forum to be up and running. I'm a medic and I've already had lots of doctors refer to this website so getting the word out on here might be a really good idea to make this more known!!!

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Subreddit: noburp

Time : 2021-04-18 17:05:37

body :

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Subreddit: noburp

Time : 2021-04-18 17:15:04

body :

Gosh I really really wonder if there's something in the fact that we are all either emetephobes or just very rarely vomited in childhood. It would kinda make sense if we all had this mental block about being able to open up our throats to burp because we are all scared of vomiting. I know that I have always tried to avoid burping when i was younger because a burp was ALWAYS followed by vomit and I was so scared of vomiting.

Now I'd give anything to burp and I end up trying to force myself to vomit just to relieve the gurgling ): It would make sense tho as to why so many people are cured after the botox wears off! We get over the mental block of burping so when the botox disappears the block is still gone!

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Subreddit: noburp

Time : 2021-04-18 17:17:08

body :

oh god it wasn't easy. but i emailed maybe 50 surgeons in my area (Yorkshire and then worked my way out from there) and they ALL directed me to one surgeon who might be able to help. it turns out he's done this surgery on one woman before so he was very happy to help again! he told me to get a referral to him from my gp. i think it helped massively that i already had a surgeon backing me up and who was willing to do the procedure

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Subreddit: noburp

Time : 2021-04-18 17:19:40

body :

oh my gosh i actually got EMOTIONAL about this!!! it'll probably be the best part of a year before i get the botox but just knowing i've been referred to someone who will help is so so amazing omg i cannot WAIT for this to be me

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Subreddit: noburp

Time : 2021-06-11 04:34:05

Title : Has anyone had a cricopharyngeal myotomy?

Selftext :

I had my clinic appointment and nasopharyngoscope yesterday which confirmed RCPD!!!! My surgeon recommended the myotomy procedure. Has anyone had it? And what did it involve? How was your no-burping after?!

I’m so excited!!! I cried on the way home because I’ll finally be able to get my life back and socialise with my friends 🥺

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Subreddit: noburp

Time : 2022-12-06 14:11:16

Title : I have my date for throatox!

Selftext :

I hope others also call it throatox because it’s such a good name for it 🤣

Getting it done mid-Feb! I know my consultant will go through it all with me but what can I expect from the op itself and the recovery?

SO EXCITED!!!!

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Subreddit: noburp

Time : 2023-02-11 16:00:34

body :

I’m having my botox in Chesterfield next week and I’m also my surgeons first RCPD pt! I won’t lie I’m quite nervous about being his first but i’m also telling myself that although the condition is new to him he’s done throatox tons of times so it’ll be okay 😫

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Subreddit: noburp

Time : 2023-02-11 16:02:03

body :

I’m getting my botox done in Chesterfield next week!!! Took three years of waiting (primarily due to COVID) but the days almost here!!!!

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Subreddit: noburp

Time : 2023-02-21 02:53:38

Title : Throatox day!!!

Selftext :

Currently sat on the day case pre-op unit waiting to go down to theatre! 100 units of botox going in, turns out my surgeon is very good friends with Mr Karagama so he’s been getting lots of info about it from him. aaaaahhhh i’m excited now!

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Subreddit: noburp

Time : 2023-02-21 02:59:04

body :

I’m having mine done today by Mr Olarinde in Chesterfield. He’s Mr Karagama’s good friend and fellow ENT surgeon

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Subreddit: noburp

Time : 2023-02-21 14:22:46

Title : Tongue numbness after surgery

Selftext :

Did anyone experience numbness of the tongue after surgery? I’m a medic myself so I know the fancy name for it is post-operative lingual neuropraxia, but the papers I’ve read don’t say how likely it is to recover. Apparently it’s much more common in head and neck surgery, so it does make sense but I don’t really want a numb tongue so has anyone had this and had it go away!

PS. I’m currently 5 hours post-botox so very early stages but I’ve had a lot of nerve damage from previous surgeries so I’m a bit anxious

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Subreddit: noburp

Time : 2023-02-21 14:23:50

body :

Hi, I had my botox 5 hours ago and have the exact same thing. Right side of my tongue is numb. Did yours resolve?

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Subreddit: noburp

Time : 2023-02-21 15:42:12

body :

oh thank god! thank you so much!! I’ve had lots of nerve damage from surgeries last year (all orthopaedic) and it never returned so I was scared there was no hope!!

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Subreddit: noburp

Time : 2023-02-22 05:17:02

body :

Good thank you! I stretched in bed this morning and I guess the pressure of tending my stomach forced a huge burp to come out! A few tiny burps this morning slipping through so doing well!

My tongue is numb unfortunately but I think that’s just the anaesthetic intubation tube that was resting on it and caused numbness but everything I’ve read has said it should slowly come back (:

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Subreddit: noburp

Time : 2023-02-22 12:05:04

body :

No reflux but definitely the slow swallow. I’m getting quite a lot of gurgling still and I’m not able to turn them all into burps but hopefully they’ll transition in the next few weeks!

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Subreddit: noburp

Time : 2023-02-22 12:06:12

body :

I emailed Mr Olarinde in Chesterfield (my most local at the time). Was a long wait (mainly COVID) but I got my botox done yesterday (:

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Subreddit: noburp

Time : 2023-02-22 12:06:46

body :

Should add this was all on the NHS. I emailed about 2 ENT surgeons around the country and he was interested and keen to help (:

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Subreddit: noburp

Time : 2023-02-22 12:15:28

Title : Day 1 post-botox questions

Selftext :

I had 100units injected yesterday. Since then I’ve had 2 burps (big for me but for someone who doesn’t have RCPD they’d probably consider them small burps). I’ve got a lot of gargling still going on though.

I’m sure I’m just being impatient but when do I ‘learn’ to properly burp? I feel like I now have all the tools to do it but I can’t force them out yet! The tiny burps just spring up on me but I can’t turn them into anything big yet. Is this normal?

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Subreddit: noburp

Time : 2023-02-23 04:53:13

body :

oh good! i won’t lie i think my numbness is already disappearing! it might be wishful thinking but it’s a lot less obvious than it was on day 1 (:

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Subreddit: noburp

Time : 2023-02-23 07:47:34

Title : When do you start being able to control burping post-botox?

Selftext :

I’m day 2 post-botox now and am having lots of uncontrollable burps (which is AMAZING!) but I do have to go back to work on day 6 post-botox and I’m a bit conscious of burping uncontrollably! When do they start to lessen or when am I possibly able to control them a bit more?

Thanks!

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Subreddit: noburp

Time : 2023-02-24 07:16:48

body :

I'm d3 post-op at the moment and the slow swallow and mucus is actually really scary! I get paranoid that I'm choking and start panicking. How long did this last for you?

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Subreddit: noburp

Time : 2023-02-27 14:24:38

body :

I emailed about 20 different ENT surgeons with special interest in laryngology and he replied saying he was keen to help. He'd never heard of the condition before (this was 3 years ago) but said he would read up about it and learn the botox technique and three years later here I am!

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Subreddit: noburp

Time : 2023-02-27 14:28:14

body :

I have only had one round, but mine was 100 units. I'm day 6 post-botox now and the slow swallow is terrible. I get stuck on every single bite and need to wash it all down with water but even water can be hard. Today is the first day that it's better but omg it's the worst and scariest sensation I've ever experienced

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Subreddit: noburp

Time : 2023-02-27 14:33:26

body :

Totally normal. I'm day 6 post-botox and this is exactly what I have been like for the past week. I have had to sleep with three pillows like I'm sat up in a chair. Today is the first day where I'm feeling a bit better though! If my worst day was a 10, today is maybe a 6 in terms of severity! I'm able to control the burps a bit more now, I'm having to talk less than usual from fear of some sneaking out in public but that's not been an issue at all. I'm also so much more comfortable today, my throat/neck has felt so tight for the past week but today I'm a lot more relaxed. Stick it out!!!! (not that you have a choice lol)

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Subreddit: noburp

Time : 2023-02-27 14:35:07

body :

I drove home (3hrs) the day after my GA, exactly 24h later! The strong coffee was needed though!

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Subreddit: noburp

Time : 2023-02-27 14:37:25

body :

I'm day 6 now and this is the first day I've started to feel somewhat better. Even yesterday (day 5) I was so miserable and uncomfortable, my neck felt so tight and tense

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Subreddit: noburp

Time : 2023-03-02 16:43:52

body :

i’m d9 post-op now and i’d say i’m about 60% back to normal! had to learn to abdominal thrust myself but can’t believe how different my tummy / throat gurgles feel hahah

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Subreddit: noburp

Time : 2023-03-04 15:07:09

body :

wine actually bloated me HUGELY pre-botox. i exclusively drank cranberry juice x spirits !

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Subreddit: noburp

Time : 2023-06-30 16:26:01

body :

i can’t even remember how long it took to come back because it’s completely back to normal! think it was about 6 weeks? all motor and sensory function has returned and it’s like it never happened!!

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Subreddit: noburp

Time : 2024-02-07 01:40:26

Title : One year on from throatox!

Selftext :

Haven’t been in this sub very much because as the caption states, I’m a year on from throatox, but it popped up on my feed so I thought I’d share!

I had throatox (100units) February 2023. Initial three weeks were rough and I won’t lie, I regretted it a bit. First week I was just constantly choking. No control over my swallowing so if I took an ambitious bite of anything I would choke. I live alone so I had to get VERY good at throwing my back against the wall to dislodge the food bolus. Second and third weeks I started burping but had no control over it. Any time I opened my mouth to talk I’d burp. So I spent two weeks mute at work to save me the embarrassment.

But that’s it! Once over the initial hump I have NEVER looked back!! The no burpness feels like a distant memory. I have complete control over my burps and haven’t had a single throat gargle in a year!! I no longer get bloated (this was the most amazing and unexpected effect), literally haven’t felt bloated in a whole year. I can eat and drink whatever I like. And hell the satisfaction of letting out a huge burp after eating has never worn off.

No regrets at all. Honestly has been life changing and would recommend throatox to anyone. (:

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