



RADIOFREQUENCY ABLATION (HALO)

Post-Procedure Instructions



A sore throat, painful swallowing and chest discomfort may be experienced for up to 1-2 weeks, though normally improves quickly within a few days, following the procedure. If you suffer from any of these symptoms, following the below recommendations will assist your recovery.

Medications / Pain relief :

I will discuss with you with respect to your individual medications. Following the procedure, to minimize acid reflux and any discomfort I will prescribe:

- Anti-reflux medication, ie. Nexium, Somac, etc, twice daily for 8 weeks.
- Xylocaine viscous 20mg/ml (200ml bottle): 10-15ml swallowed every 3 hours as needed.
- Paracetamol/Panadeine forte – either in liquid or tablet form
- Mylanta / Gastrogel may also assist any burning pain.

Diet Recommendations :

- Nil by mouth for 2 hours
- Cold clear liquid diet for the first 24 hours (avoid hot liquids)
 - Apple juice, powerade, Gatorade, frozen fruit
- Free fluid diet for next 2-3 days
 - Can add in dairy, such as yoghurt and ice cream
- Soft diet, “mince & mash / puree”, (avoid food with sharp or rough edges, ie. steak, bread, crisps), for 1 week before returning to a regular diet.

Please contact me or seek medical advice if :

- Severe ongoing chest or abdominal pain.
- Black tarry motions or bleeding from the back passage.
- A fever or chills.
- Sharp chest or throat pain.
- Difficulty swallowing

If you have any concerns or questions, please contact Dr Walker through his office on 5574 6133 or through the Hospital switch board.