Pharyngeal Pouch Surgery

What Is Pharyngeal Pouch Surgery?

Pharyngeal pouch surgery is a procedure to treat a pouch that forms in your throat, causing swallowing difficulties, coughing, or a sensation of food getting stuck. A pharyngeal pouch, also known as a Zenker's diverticulum, is a pocket that develops in the upper part of the oesophagus. It can trap food and fluids, leading to discomfort, bad breath, and even regurgitation. At Birmingham Head and Neck Clinic, we use modern, minimally invasive techniques to remove or reduce the pouch, helping to restore normal swallowing and improve your quality of life.

Why Might You Need Pharyngeal Pouch Surgery?

You may need surgery if your pharyngeal pouch is causing persistent problems that interfere with your ability to eat, drink, or speak comfortably. Common symptoms include:

- Difficulty swallowing, with food or liquid feeling stuck in your throat
- Coughing or choking while eating or drinking
- Regurgitation of undigested food, especially after meals
- Bad breath caused by food getting trapped in the pouch
- Unexplained weight loss due to difficulty eating
- Repeated chest infections from food or fluid entering the airway

If these symptoms are affecting your daily life, an ENT specialist will assess your condition and discuss whether surgery is the best option for you.

What To Expect During The Procedure

Before your surgery, you will have a detailed consultation with your ENT specialist at Birmingham Head and Neck Clinic. During this appointment, your doctor will examine your throat and may recommend tests such as a swallowing study or endoscopy to assess the size and impact of the pouch.

On the day of your procedure, you can expect the following:

- You will receive general anaesthesia so you remain comfortable throughout
- A thin, flexible camera may be used to guide the procedure and provide a clear view of the pouch
- The surgeon will use specialised instruments to divide or remove the pouch, allowing food and liquid to pass smoothly
- The surgery is performed through your mouth, meaning no external cuts or scars
- The entire procedure is designed to be minimally invasive with a faster recovery time

Your surgeon will ensure the pouch is treated effectively while preserving as much healthy tissue as possible.

Aftercare And Recovery

After your pharyngeal pouch surgery, you will receive clear instructions to support your recovery and ensure

the best possible outcome. While you may experience some mild throat discomfort or temporary changes in swallowing, most patients notice an improvement in their symptoms soon after the procedure.

You may be advised to:

- Start with a soft diet before gradually reintroducing solid foods
- Stay hydrated and sip fluids regularly to help your throat heal
- Avoid very hot or spicy foods for a short period
- Take any prescribed medications to manage discomfort and reduce inflammation
- Attend follow-up appointments to monitor your progress

Most patients recover well and experience a significant improvement in their ability to swallow, eat, and speak comfortably.

Benefits Of Pharyngeal Pouch Surgery

Having surgery for a pharyngeal pouch can provide long-lasting relief from frustrating symptoms. Many patients experience:

- Easier swallowing with reduced risk of food getting stuck
- Less coughing and choking while eating
- No more regurgitation of undigested food
- Improved breath freshness and oral hygiene
- A better quality of life with fewer dietary restrictions

These benefits help you regain confidence and enjoy eating and drinking without discomfort.

Why Choose Birmingham Head And Neck Clinic

At Birmingham Head and Neck Clinic, you will be cared for by an experienced team of ENT specialists who use the latest techniques to provide safe and effective treatment. We are committed to offering personalised care, ensuring you fully understand your treatment options and feel supported every step of the way. Our state-of-the-art facilities and patient-focused approach mean you receive high-quality care in a comfortable environment.

Contact Us

If you are experiencing difficulty swallowing, frequent coughing while eating, or regurgitation of food, you may benefit from pharyngeal pouch surgery. Contact Birmingham Head and Neck Clinic today to book a consultation and take the first step towards better swallowing and improved quality of life.