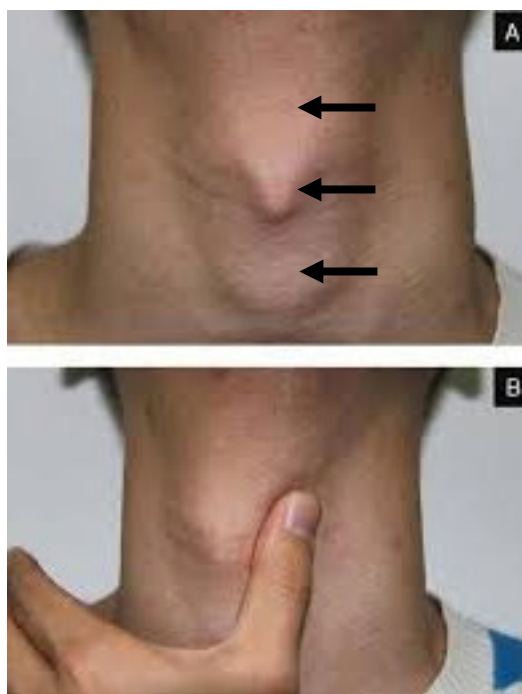


Preoperative Tracheal Exercises



- Starting at the top of your throat, gently press on left side to stretch the esophagus and trachea to the right.
- Press until you feel the stretch OR you become uncomfortable and are unable to talk.
- Hold for 30 seconds. Repeat in the middle of your throat and then again at the bottom.
- Perform 3 times a day starting 5 days prior to surgery.
- The stretching exercises are encouraged to minimize any difficulty with swallowing after your surgery.