

### **Laparoscopic Heller's myotomy:**

The main indication is achalasia of the cardia (cardiospasm) in which the normal muscular activity of the oesophagus is disturbed resulting in swallowing problems due to muscle thickening of the lower end of the oesophagus. We usually combine the Heller's myotomy with an anti-reflux procedure which can be successfully performed laparoscopically.

### **What can be expected after the operation?**

The stay in the hospital will be around 3 days. By the time of the discharge you will be able to tolerate semisolid food without difficulty and by the end of the second week you can switch over to normal diet. By the end of 4 weeks you can resume to the normal activities.

