



# **NIL BY MOUTH**

**EVENTS OF CANCER**

**2011**

**WRITTEN BY**  
**KEN BROWNBILL**

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All of the following are true statements of fact that happened to me from the year 2010 to 2012. It is hoped that this will help you to understand the ups and downs of what occurred and to let you know there is always a good side to every situation

The inserted pictures that help explain some things were all taken by myself from day one as a pictorial diary of events

**WARNING**  
**SOME PICTURES MAY CAUSE YOU**  
**DISTRESS**

**SOME DID ME**  
**AND I TOOK THE PHOTOES**

**IF THIS HAPPENS I AM SORRY**

A Kennykopter Publication

# THE START

It is quite amazing until something goes wrong with your mouth and throat you really don't know how much work they carry out, with me it was cancer.

Before operations were carried out I was finding it difficult to eat and swallow normally, drinking wasn't too bad, pain was becoming an issue.

Just before the 1st operation I was told that I would be nil by mouth for quite some time with a peg put into my belly for fluid and nutritional food to be taken, 7 months on and I still have not had a Sunday roast yet.

Here are some very good reasons why.

Operations  
Recovery time  
Control ability  
Taste buds  
Re-construction  
Teeth  
Re-teaching yourself

And this is just a few that I can think of

Do you know since this problem started with me I still have not had any Hospital food well except for a banana ice cream milk shake very early on Which was nice I must say

In the next few pages I will tell and show you some things that has helped me It might help you.

# AFTER THE OPERATION AND RECOVERY

When you first wake up the last thing your going to be worried about is getting a double Decker burger and chips with side salad and a cool drink down your neck, if only.

Do not forget you are nil by mouth nothing, nought, zero, nil, not anything, not even and defiantly not that. Good start ah never mind you will get use to this in time (going well so fare aren't we). After a few days of the hospital time schedule you are given and shown how to feed yourself by the peg



As you can see I didn't have a problem at all I was even able to multifunction, not bad for a man.

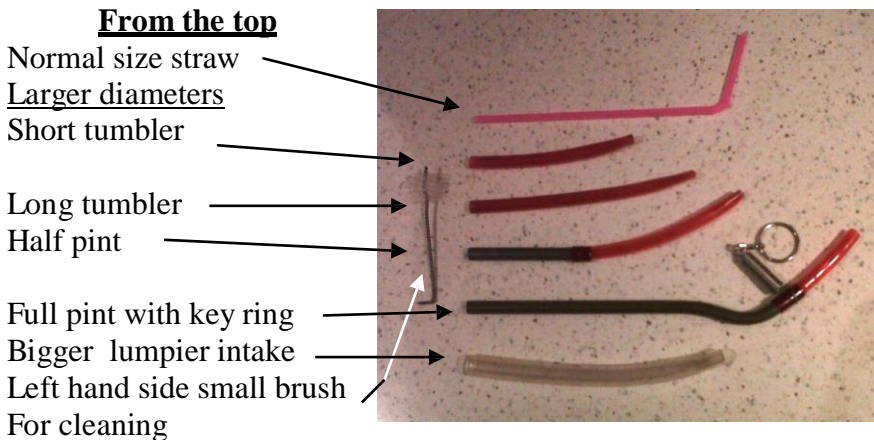
The food supplements come in ready made 200ml bottles and flavours consisting of Banana, Strawberry and vanilla complete with straw at least if you can take fluid by mouth there is some taste. Water through the tube has to be boiled first to get rid of any bacterial problems or ready distilled.

In recovery as soon as you are able you will be encouraged by the dietician to take fluids first by mouth. As with me you may find that you dribble, your mouth may not work properly yet but don't worry it will become less in time.

# CONTROL ABILITY AND TAST BUDS

When it becomes time to eat you may find that your jaw muscles and tongue wont do what you want them to do, now its time for the food blender I tell you what who ever invented this was brilliant.

My good Wife began to make up good thick soups made from fresh produce or tined this was also easy to add extra flavours as the taste buds were a bit shot. She was able to add small lumps to this but as I was still having to use straws this was a problem as they would get blocked up. So I made my own in various sizes lengths diameters please see below.



I also found out that for thin fluids you can add a thickener this also helps to get it to the back of your throat which makes swallowing easier and I must always remember not to put any of these types into the tube that's into my belly, don't want to get that one blocked up. I have also learnt that the fat and juices from a roast mix up well with mass potato and vegetables followed by mashed fruit and ice cream with wine of Corse, oh yes and a whisky or three to finish.

I cant wait for Christmas day.

# RECONSTRUCTION AND TEETH

I hopefully will be going for more surgery soon so that I can open my mouth up more than half an inch 25.4 mm it will be great to get a fork into my mouth with food on it and then be able to chew and chew and chew and oh sorry carried away there.

I am over my Radio and Chemotherapy. By the way that does knock your taste buds for six and also the natural saliva can dry up to and that's when I went back to peg feed only my mouth was too dry to swallow properly.

You can see here there is some work to be carried out. The white area is called a flap this was taken from the top and attached to the lower jaw to cover the bone with Flesh and now it is stable it can be separated and then maybe some teeth put in.



## **RE-TEACHING YOURSELF**

I have had 7 month of watching people eat and smelling good food. Every advert is for food on TV and in the papers I must admit it doesn't bother me to much now there are ways around it And it up to you on how to deal with it.

I will have to learn how to eat again its like when you have had your leg in plaster for a long time with that you have to learn to walk again and I know I've done that too and my back and my arm and my head you can tell cant you.

Anyway I'm off to get a couple of bottles of me nosh goodbye and good luck.

**Ken Brownbill**

5th December 2011

**A SPECIAL  
THANK YOU  
TO ALL THE  
STAFF THAT HAVE BEEN  
INVOLVED**

**AND BY THAT I MEAN  
EVERYONE  
THAT HAS  
HELPED ME  
THROUGH THIS  
TIME**

**Kennykopter**