



Discharge Instructions for Laparoscopic Nissen Fundoplication Patients

Office Visit: Call the office soon to make an appointment for approximately one week after surgery.

Diet:

- Do not eat large meals. Your stomach capacity initially will be a bit smaller. You do not want to over distend your stomach. This will cause pain. You may not be able to get rid of extra gas (burping) as before your wrap to relieve the pressure. Six small meals a day initially are best until your stomach capacity increases.
- Most patients have some swallowing difficulty for the first three weeks until the swelling goes down around the wrap. Therefore, eat slowly. Start with liquids (no soda), creamed soups, jello puddings, custard and soft cereals. You can use liquid diet supplements initially (Carnation Instant, Ensure, etc.) to maintain caloric/ protein intake. After the first week, gradually add more solid, but soft, foods (tuna fish, chicken, potatoes) It is strongly suggested you avoid red meats for several weeks since they are hard to chew into small pieces and tend to get stuck.

Wound Care:

- Keep the incisions dry for at least 24 hours. Showers or sponge baths are fine.
- You may remove the bandages after 24 hours. Leave the steri-strip tapes on for one week. You may leave them off if they fall off before that time
- Band-aids or light gauze dressings can be used if your clothing irritates the incisions or there is some slight drainage.
- As the surgical wounds heal, there is likely to be some swelling, lumpiness, and bruising around the incisions. You may see a small amount of oozing of blood or serum from the incision for the first few hours after you arrive home. Do not be alarmed. The bandage may be changed in this circumstance.

Please call the office as soon as possible if any of the following occur:

- **Sharp increase in pain, redness, or swelling of the incision**
- **Presence of drainage or persistent bleeding**
- **Fever over 101 ° F**

Laparoscopic Discomfort: You may experience some discomfort in your shoulders for the first few days. Stretching and irritation of the diaphragm from the carbon dioxide used to inflate the abdomen causes this referred sensation.

Activity:

- Gradually increase activity within your tolerance
- Walking is the best exercise for you at this time.
- Climbing stairs is fine, but go slowly at first.
- As a general rule, do not lift anything heavier than 25-30 pounds for couple weeks after surgery.
- Do not drive until drive until a) all your pain is gone and your energy level is normal, and b) you've had your first postoperative office visit.

Pain Medication Warning: You may be prescribed a narcotic for pain relief such as Darvocet, Vicodin, or Percocet. Narcotics can cause drowsiness and constipation. Do not drive a car, work around machines, or drink alcohol while taking narcotics. Drink plenty of liquids and take a stool softener (Colace) to avoid constipation. You may take Milk of Magnesia or a Dulcolax suppository to relieve constipation.

Special Instructions:

Please call the office if you have any questions or problems. If necessary, the "on-call" surgeon for the practice can be reached after hours through the answering service.