

## **DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC NISSEN FUNDOPLICATION**

### **ACTIVITY:**

- You can shower the day after your operation.
- You can walk, run, climb stairs, and do household activities.
- Do **NOT** lift a lot of weight (nothing greater than 10 lbs) or take part in any activity where you could be hit in the belly for three weeks.
- Do **NOT** do sit-ups, weight lifting, or abdominal crunches for four to six weeks after your operation.
- Do **NOT** drive a car for 48 hours after your operation and while you are taking pain medicine.

### **DIET:**

- You need to take a liquid diet for seven days after your operation.
- The liquids do not have to be clear. Ensure, Carnation Instant Breakfast, soup, or any other liquid you like is fine.
- You can have yogurt, pudding, or ice cream as long as they "melt in your mouth".
- Do **NOT** eat solid food for one week after the surgery. It may get stuck as it passes through the valve and have to be removed at the hospital.
- Call you surgeon seven days after the operation. Discuss with your surgeon how smoothly the liquids are going down and when you can try other foods.

### **DAILY INCISION CARE:**

- You can take off the Band-Aids or dressing 48 hours after the operation.
- Your incision will have steri-strips (small white strips of tape) across it. Leave these on for 7 to 14 days.
- Take the steri-strips off the incision if they have not fallen off in 14 days.

**MEDICATIONS:**

- You may not need your heartburn or reflux medicine after the operation. Talk to your surgeon before you go home.
- You should get the liquid form of the pain medicine (i.e. Lortab) the doctor prescribed for you.
- If you can't get the liquid form, cut the pain pill in halves or quarters so that they will pass through the swollen valve near your stomach.
- Some pain medicine can cause nausea and constipation. If your pain is not too bad, try using over-the-counter pain medicine such as Tylenol, Aleve or Advil instead.

**COMMON PROBLEMS:**

- You may have swelling at the incision site. It should go down in 2 weeks.
- You may have trouble swallowing because of the swelling. Follow the diet directions given on this sheet.
- You may have constipation (not being able to have a bowel movement) because of pain medicine.

**CALL YOUR DOCTOR IF:**

- Your temperature is greater than 101°F (or 38.3°C).
- You have continued nausea or worsening belly pain.
- If a piece of food is stuck in your throat, drink some warm water slowly to see if the food will pass on its own. If not, call your surgeon.

**FOLLOW-UP:**

- If you do not have an appointment for a follow-up visit, call our office to set up an appointment after you go home.
- For any questions that are not emergencies, call the office.
- In case of emergencies, call your doctor's office and/or go to the emergency room.