Laparoscopic Nissen Fundoplication causes less damage to the muscles and other tissues than a standard open fundoplication. For this reason, there are fewer restrictions on your physical activity than might be expected.

DIET #1

At the time of discharge you will be restricted to a liquid diet for 2 weeks. During the first week after surgery as long as you are able to keep hydrated with liquids expect that the swallowing will eventually improve. If you have difficulty with swallowing keep in mind warmer liquids such as soups and tea are easier to pass than cold. Two weeks after surgery, you may begin soft foods such as pasta and fish. Avoid red meats and breads for two to three weeks if possible. (see attached examples of soft foods) Please make sure to eat while sitting up, and remain sitting for at least one hour following meals. Please avoid foods such as meat chunks, steaks, breads, nuts, etc., as well as stringy vegetables, for two to three weeks after surgery. At one-month advance to regular foods.

ACTIVITIES

Walking is permitted and encouraged beginning within hours of your operation. Start with short walks and with assistance as needed, and gradually increase the distance and length of time that you walk. Climbing stairs is permitted. Some assistance may be necessary initially.

No lifting (greater than 5 pounds) for 3 months.

Showers are permitted three days after surgery. Driving may be resumed two weeks following surgery. Care should be taken after that point, if you are still taking prescription pain medications.

WOUND CARE

Stitches are placed just beneath the surface of the incision. They are fashioned from the type of material that is absorbed by your body in about 6 weeks, and therefore do not need to be removed. Occasionally,
you will note a small white string at your incision site. This can be cut at the surface with a clean pair of scissors (wipe with isopropyl alcohol).

Steri-strips may be removed as they begin to lift off the wound. If they have not already done so, they may be completely removed 10 days after surgery. Moisten the strips with a little peroxide if they are stuck to the incision. You may wash the wound with mild soap and water after the steri-strips are removed.

MEDICATIONS

Pain medications will be prescribed by your physician after surgery. We recommend Extra Strength Tylenol Elixir or Advil Elixir for mild to moderate pain. If this does not sufficiently control your pain, take the prescribed pain medications according to the directions on the label. Do not swallow pills, rather crush all medications, and mix then with ice cream, Jell-O’s or puddings. You may resume your pre-op meds unless changes were made while in Hospital. Please contact your primary MD regarding meds that were taken pre-op.

**Stool softener or mild laxative** may be necessary if you do not have a spontaneous bowel movement within three days of your surgery.

Examples of Over the Counter Liquid Laxatives:
Mild Laxative Milk of Magnesia follow directions on the bottle
Stronger Laxative Magnesium Citrate follow directions on the bottle

RETURN TO WORK

Most patients will be able to return to work or their usual level of function 2 weeks following surgery. This may need to be an individualized decision between you and your employer. Some patients have residual fatigue following general anesthesia for a couple weeks.

CALL THE OFFICE

If you have questions or problems. Call immediately if you notice **ANY** of the following symptoms:

1. Worsen difficulty swallowing, or painful swallowing.
2. Fever greater than 101 degrees.
3. Increased abdominal pain.
4. Pus or increased redness around the incisions.
5. Severe shoulder pain lasting more than 3 days.
6. Post-op appointment in 2-4 weeks