



PATIENT DISCHARGE INSTRUCTIONS FOLLOWING

LAPAROSCOPIC NISSEN FUNDOPLICATION

DIET

- ✓ You need to remain on a liquid diet for seven days after your surgery. Do NOT eat solid food for one week after the surgery. It may get stuck as it passes through the valve and may need to be removed at the hospital.
- ✓ These liquids do not have to be clear. You may have Ensure, Carnation Instant breakfast, soup, or any other liquid.
- ✓ You may have smooth yogurt, pudding or ice cream as long as it “melts in your mouth”.
- ✓ 7 days after the operation, call your surgeon to discuss how the liquids are going down and when you can advance your diet.

ACTIVITY

- ✓ Do NOT drink alcohol, drive or operate heavy machinery for 24 hours after your surgery or while taking pain medication.
- ✓ Lifting weight up to 10 lbs. is fine.
- ✓ Light activity (i.e. walking, office work, climbing stairs, etc.) as soon as you feel comfortable is fine. Sexual activity is fine as soon as you feel comfortable.
- ✓ Do NOT do sit-ups, weight lifting, abdominal crunches or any activity that you may get hit in the abdomen for six weeks after surgery.

PAIN MANAGEMENT

- ✓ You may get the liquid form of the pain medication that has been prescribed for you. If you cannot get the liquid form, cut the pain pill in half or quarter so that it can pass through the valve in your esophagus

We will supply you with a prescription for a mild narcotic pain medication. You are not required to take it. If you do take it, please do not drive or drink alcohol as these in combination may make you drowsy. Alternatively, you may take Tylenol (acetaminophen) or ibuprofen (e.g. Advil) as needed.

MEDICATIONS

- ✓ You may not need to take your heartburn or reflux medication after the operation. Talk with your surgeon before going home.

- ✓ If constipation occurs, Psyllium (i.e. Metamucil) is the best remedy (follow the directions on the package. You may wish to take an ounce of milk of magnesia.
- ✓ If you were prescribed antibiotics, take them until they are finished.

INCISION CARE

- ✓ You may take a shower the day after surgery.
- ✓ You can take the dressing off 48 hours after the surgery.
- ✓ Your incision will have steri-strips (small white strips of tape) across it. They will fall off by themselves. If they do not fall off after 14 days, you may remove them.

COMMON PROBLEMS

- ✓ You may have swelling at the incision site. It should go down in 2 weeks.
- ✓ You may have trouble swallowing due to the swelling. Follow the diet directions you were given.
- ✓ You may have constipation due to narcotic pain medication.

WHEN TO CALL YOUR DOCTOR

- ✓ If you have an increase in pain over several days that is persistent.
- ✓ If you have new redness or swelling of the wound.
- ✓ If you have a sudden increase in wound drainage, especially if it has pus or a foul odor.
- ✓ If you develop a fever $>101^{\circ}$ F
- ✓ Persistent vomiting or diarrhea.
- ✓ Pain in chest after eating that does not go away.

FOLLOW UP

- ✓ Please call the first business day after discharge to schedule a follow-up appointment.
- ✓ In case of emergencies, call your doctor's office. If the office is closed, contact the hospital operator at **(617) 726-2000** and have your surgeon or the surgeon-on-call paged.