



POSTOPERATIVE INSTRUCTIONS: Laparoscopic Nissen Fundoplication

Activity

First 2 days: take easy at home. Walking is encouraged for short distances and as frequently as tolerable. You may drive as long as no narcotics are taken within 8 hours.

1wk-4wks: May increase activity including bicycle riding, light jogging as tolerated. You may return to work with a note at this point. You may lift objects as tolerated.

Pain

Most pain is due to the incisions and can be controlled often ibuprofen alone. However, narcotics will be given after surgery, and should be used as needed. Avoid taking narcotics on an empty stomach to help prevent nausea from occurring. Incisional pain typically last for up to a week, but varies with each patient. If refills are needed, please call the office during regular work hours 9am-5pm M-F. Narcotic refills will only be given during these hours when a physician is available.

Dysphagia

Early after surgery it is very common to experience trouble swallowing where it feels as if food is getting “hung up” in the chest. This can persist up to 6 months after the operation. However, it typically begins to subside a few weeks after surgery. Inability to drink liquids can represent a significant problem, so contact your surgeon immediately if this happens. Ways to avoid dysphagia are small, frequent meals. Chewing your food well, eating slowly, and taking only small portions at a time, helps food pass more comfortably. If dysphagia is present for more than 6 months, your surgeon may recommend esophageal dilation by the Gastroenterologist to “stretch” the wrap.

Diet

First 2 weeks: Anything you can take through a straw. Small frequent liquid-type meals. If you sense fullness, stop eating and take a break, then resume when it passes. Avoid ALL carbonated beverages. Crush pill (if possible)

2-6 weeks: If the liquids are comfortable, may introduce “gummy” foods. Any food that you can chew with your gums alone is acceptable. (e.g scrambled eggs, mash potatoes, mushy steamed vegetables.)

Weigh loss is common during these diet changes. Additionally, take 1-2 tablespoons of Milk of Magnesia (available over the counter) every 6 hours on the third day home if you have not had a bowel movement.

Wound Care

The band-aids may be removed after 48 hours from surgery, at which time it is safe to shower. The underlying steri-strips are to remain on for 7 days total. After 7 days, it is easiest to remove them in the shower by peeling them off at the edges.

The suture below is absorbable and therefore there is nothing else to remove. No baths, swimming pools, or saunas for at least 1 month after surgery.

Problems

Please contact us immediately if you experience any of the following: worsening nausea/vomiting increased pain, fevers (temp >100.4), redness or drainage from your incisions. If you think there is something wrong, please do not hesitate to call.

Appointment

We will need to see you approximately 2 weeks after the day of your surgery unless otherwise specified. Please call to make an appointment when you are released from the hospital and inform the receptionist that you need to make a post operative appointment.



If you have any questions please call: 503-292-1103