

Dr. Hamish Hwang Inc.

General Surgery, GI Endoscopy & Esophageal Physiology

#200-3207 30 Ave, Vernon, BC V1T 2C6 Phone 545-2288 Fax 545-2781 doctorhwang.ca

Nissen Fundoplication Discharge Instructions

Follow up Visit

You should call 250-545-2288 when you get home to schedule an appointment to see Dr. Hwang. The first visit is 1 month AFTER you are discharged home.

Activity

You MAY:

- Shower on the day of surgery
- Walk
- Ride in car
- Lift up to 20 lbs
- Go up and down stairs

You MAY NOT

- Bathe or swim for 2 weeks
- Drive a car until you are no longer taking prescription pain medications
- Do any heavy lifting (no more than 20 lbs), twisting (golf, tennis), and turning, or excessive bending. Do not carry or lift luggage, groceries, laundry, children or pets. No excessive or forceful upper body movements.
- Activity restrictions will be in place for 6 weeks after surgery. It is critical for the success of the surgery to follow these activity restrictions.

Resuming Sexual Activity:

2 weeks after surgery OR once pain goes away

Dressings and Incisions

- The sutures are dissolving and the dressings will also flake off on their own
- You may get all of your incisions wet immediately after surgery
- It is not necessary to keep dressings on dry incisions
- Do no apply ointments to incisions unless instructed to do so.

Eating and Drinking

- No alcohol consumption while on narcotic medications
- Eat or drink small quantities (no more than 1 cup) at a time in the first 2 weeks
- Small frequent meals are recommended
- It is ok to eat more than 3 times each day
- You can advance your diet if you are not having any problems. You will be on a clear liquid diet for 1 week, then a full liquid diet for 3 weeks and then a soft diet for 2 weeks.

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Pills/Medications

All pills and medications must be crushed and taken with liquids for the first week.

Diet Instructions:

FIRST WEEK

Principle: Anything you can see through you can have.

YES Items:

- Jello
- Juice (cranberry, apple, grape)
- Coffee
- Water
- Popsicles
- Broth
- Ice

NO Items:

- Carbonated beverages, solid foods, thick liquids, alcohol, gum, hard candy

Instructions:

1. Start by taking half a cup at a time
2. Increase the amount a little each day
3. Don't gulp liquids down
4. This diet should be strictly adhered to for week 1 after surgery.

SECOND, THIRD AND FOURTH WEEK (weeks 2 to 4): Full Liquid Diet

Principle: Anything you can suck through a straw you can have.

YES Items:

- Everything on the clear liquid diet
- Cream (strained) soups
- Pudding
- Ice cream
- Milk
- Yogurt
- Thinned oatmeal (or hot) cereal, Cream of Wheat, Farina
- Milk shakes

NO Items:

- Carbonated beverages, solid foods, gum, hard candy

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Instructions:

1. Start by taking a cup at a time
2. Increase the amount a little each day
3. Don't gulp liquids down
4. This diet should be strictly adhered to for 2, 3 and 4 after surgery

SECOND MONTH: Soft Diet

Principle: These are mushy foods that require very little chewing.

YES Items:

- Everything on the clear liquid and full liquid diets
- Pasta
- Rice
- Fish
- Mashed potatoes
- Apple sauce
- Mushy-cooked vegetables
- Soft fruits (bananas, canned fruits, grapes, peeled peaches and nectarines)
- Ground or pulled chicken
- Ground beef
- Sushi

NO Items:

- Steak, baked potatoes, pork chops, lamb chops, hamburgers, hotdogs, sandwiches, bread, raw or undercooked vegetables, chips, tacos

Instructions:

1. Start by taking a cup at a time
2. Increase the amount little each day
3. Eat smaller meals more frequently throughout the day. Do not eat until you are full.
4. This diet should be strictly adhered to for weeks 5 and 6 after surgery.

AFTER SECOND MONTH

You still have to be careful with large pieces of meat or hard breads. Take small bites, chew your food well and drink plenty of fluids.

If you have problems swallowing lasting more than three months or if your heartburn comes back contact Dr Hwang's office immediately. There is a 5% failure rate of the surgery after 1 year and 20% after ten years. "Failure" means having to go back on some form of medication.