

Post Operative Instructions for Nissen Fundoplication - Laparoscopic

Activity

- You can walk, run, climb stairs and do regular household activities.
- Do NOT do any heavy lifting (nothing greater than 15 pounds) or take part in any activity where you could get hit in the belly for 3 weeks.
- You can shower the day after your operation.
- Sexual activity is safe as soon as you are comfortable.
- You may resume driving 48 hours after your operation.
- Do NOT drive a car while you are taking pain medicine.

Diet

- You need to take a liquid diet for 1 week 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 1 week after the surgery. It may get stuck as it passes through the valve and have to be removed at the hospital!
- Call Dr. Bransky 1 week after the operation to discuss 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 1 to 2 weeks.
- Take the steri-strips off the incision if they have not fallen off in 2 weeks.

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. Percocet) the doctor prescribed for you.
- If you can 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. Use Ibuprofen (Motrin, Advil, or Aleve) or Acetaminophen (Tylenol) if pain is not severe. These medicines have fewer side effects than narcotics.
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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.
- Pain medicines can cause constipation (not being able to have a bowel movement). If you have constipation, take 1 tablespoon of Metamucil, mixed in water or fruit juice a day, for the first few weeks.

Call Dr. Bransky If

- You have chills or fever greater than 101°F (or 38.3°C).
 - You go 2-3 days without having a bowel movement.
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Follow-Up

- If you have not scheduled a follow-up appointment call Dr. Bransky's office to schedule one for 2 weeks from the day you went home.
- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.