

# Laparoscopic Nissen Fundoplication



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## DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC NISSEN FUNDOPLICATION

The following instructions are meant to speed your recovery time, as well as comfort. If you have any questions regarding any of these instructions, please feel free to contact your doctor.

### MEDICATIONS

Take medications as directed. We will prescribe pain medications in liquid form as this is easier to swallow. Stop anti-reflux medications. It is okay to take previously prescribed medications as before surgery, one at a time and with a large glass of water to make sure they go down to your stomach. If you have trouble with your medications please let us know. Possible prescribed medications could include:

- Simethicone: Anti-gas medicine to prevent bloating. Take 1cc of the liquid, or one chewable tablet every six hours
- Lortab Elixir: Pain reliever. If needed take 15cc (1 tablespoon) every four hours for pain. You may also try Tylenol elixir first for minor pain.

### BANDAGES

You may remove the clear plastic dressings (Tegaderm) and gauze two days after surgery. Showers are permitted from the day after surgery (no baths). You may have steri-strips (small skin tapes) in place directly over the incision. These strips should be left on the skin for seven – 10 days.

### DIET

For the first two weeks eat soft foods only. **DO NOT** eat bread or meat (fish, chicken, beef, or pork). If not well chewed these meats might get stuck. Foods that are easily chewed such as pasta and soups are all okay. Just be sure to chew everything well. Avoid carbonated drinks for the first month. It is normal to feel full with less food - this is temporary.

### ACTIVITY

You may resume light daily activities beginning the next day – such as daily self-care, walking, climbing stairs (with assistance) – gradually increasing activities as tolerated. You are encouraged to be as active as possible. Heavy lifting should be avoided for four weeks (nothing heavier than a gallon of milk).

**You may drive when:**

- You no longer are taking prescription pain medication
- You can comfortably wear a seatbelt
- You can safely maneuver your car and apply brakes

**FOLLOW-UP**

You should see the surgeon in the office for a follow-up appointment in approximately one week after your surgery. Make sure you call for this appointment within a day or so after your surgery to ensure a convenient appointment time. The number to call is 801-601-4423.