Post-Op instructions for Nissen Fundoplication patients

1) Take your pain prescription every 4-6 hours on the 1st and 2nd post-op days.

2) You MUST avoid vomiting. If you have too much nausea, call the office for recommendations.

3) It is critical that you follow the post-operative diet instructions. For the first 2 days after surgery you will be on a liquid diet. Then, for the next 2 weeks you will be on a pureed diet.

4) Avoid constipation with stool softeners (COLACE/SURFAK) or laxatives (MIRALAX/CORRECTOL/DULCOLAX) of your choice. **Bowel movements are irregular after anesthesia and with the use of pain pills.** You should also increase liquids and your fiber intake.

5) Expect bruising and a bloated stomach following surgery (walking will improve this.)

6) If you have a bandage covering your wound, you may remove it on the 1st post-op day. Leave steri-strips/butterfly bandages on for 6-7 days or allow them to fall off on their own. Many wounds are closed with glue and will not be covered.

7) You may shower (DO NOT BATHE) on the first post-operative day. You can use soap and water on the incision and pat the area dry.

8) You may walk and go up and down stairs, taking them one at a time.

9) You may drive 3 days after surgery as long as you are not taking narcotics.

10) **NO** lifting, pushing, pulling or dragging greater than 15lbs for 4-6 weeks from surgery date.

11) Follow up in office 10-14 days after surgery for suture removal/post-op check:
    DATE:_________________________________Time:_________________________________

12) Call immediately if you have a high fever (higher then 101° for more than 24 hours), chills, wound discharge that is green, milky, thick or has a foul odor or any difficulty breathing.