

### Post-Op instructions for Nissen Fundoplication patients

- 1) Take your pain prescription every 4-6 hours on the 1<sup>st</sup> and 2<sup>nd</sup> 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 than 101° for more than 24 hours), chills, wound discharge that is green, milky, thick or has a foul odor or any difficulty breathing.