

**DIETARY ADVICE
FOLLOWING SURGERY FOR REFLUX
/HIATUS HERNIA REPAIR.- Nissen
Fundoplication.**

The Surgery you have had can cause swelling at the lower end of the oesophagus and it may take several weeks for the swelling to settle.

Several stages of diet advancement are required, progressing from each stage when well tolerated. A fluid or semi-fluid diet is recommended at first with a gradual return to normal by 4-6 weeks.

FIRST STAGE: 1-2 weeks

[This stage may well be passed whilst still in Hospital.]

Have only fluid and semi fluid foods such as:

Water, tea, coffee, fruit juices [avoid orange juice], milk, strained soup, pureed vegetables, jelly, ice-cream, yogurt or energy drinks such as Sustagen.

When you have no sensation of these foods sticking as you swallow you can proceed to soft foods. This may be with-in the first few days of surgery.

SECOND STAGE: 2-4 weeks

Soft foods can now be attempted such as:

BREAKFAST – semolina, well cooked porridge, softened Weetbix.

SOFT FRUIT – banana, pear, mango, melon, stewed apple/pears, peaches, plums.

VEGETABLES – well cooked, non fibrous in nature and mashed to start with.

PASTA.

MEAT – minced beef, chicken, pork. Non-battered fish. [boneless]

EGGS – soft cooked. Avoid fried eggs.

THIRD STAGE: 4-6 weeks

Gradually return to your normal diet.

Foods such as crusty bread, large bites of meat/ chicken, processed meats such as Kabana, cake, dry biscuits and rice have been known to cause problems with sticking so are best avoided in first few months.

It is important to eat slowly, take small bites and chew thoroughly. Initially eat up to 6 smaller meals over the day and do not over eat.

If there is a sensation of food sticking then wash it down with water and cease eating that meal. It may be necessary to go back to softer foods for the next couple of meals as tolerated.

Avoid carbonated [fizzy] drinks as these can lead to considerable discomfort.

Specialising in Advanced Keyhole Surgery

Hernia
Gall Bladder
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Excessive Sweating
Facial Blushing
Carpal Tunnel
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**If you require further information on any of these services,
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155

Telephone (03) 9760 2777 Facsimile (03) 9761 0207

www.lapsurgeryaustralia.com.au

DISCHARGE INSTRUCTIONS

**Reflux/ Hiatus Hernia Repair -
Nissen Fundoplication**

- MR RAY McHENRY MR RICHARD GILHOME
 MR CHRIS HENSMAN

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**
2 Langwith Avenue,
Boronia
- THE BAYS PRIVATE HOSPITAL**
Vale Street,
Morningson
- THE VALLEY PRIVATE HOSPITAL**
Churchill Consulting Suites
Cnr Police & Gladstone Road, Mulgrave
- ST JOHN OF GOD HOSPITAL**
Consulting Suites
Suite 4, 8 Gibb Street, Berwick
- ROSEBUD SURGICENTRE**
1537 Point Nepean Road
Rosebud West

Day _____

Date _____

Time _____

DISCHARGE INSTRUCTIONS: **Reflux/Hiatus Hernia Repair - Nissen Fundoplication**

Analgesia:

- Take Soluble Paracetamol/Panadeine 2 tablets 4-6 hrly or as required.
- Post operative pain is usually quite mild and should be easily controlled.

Diet:

- Some swelling and tightness around the lower part of the oesophagus can make swallowing a little difficult in the first few weeks following your surgery.
- You may experience some decrease in appetite and a full feeling in your stomach after a relatively small meal. This is quite normal.
- Start with nourishing fluids, and progress to soft diet as tolerated as per dietary instructions given by dietician or on back cover.
- Once you are confident you can swallow these foods you may progress to normal diet ensuring that you chew your food well.
- Avoid any type of carbonated drinks.

Activity:

- Avoid lifting heavy objects greater than 15 kgs. or engage in vigorous exercise for a period of 4 weeks.
- Slowly increase your activity levels over this time. Light house work and walking may be undertaken.
- You may drive your car when you feel safe and confident to do so.

Care of the wound:

- You will have waterproof dressings in place. You may shower as normal.
- Only remove the dressings if they get wet or come off. Cover wound area with a clean dressing if necessary.

On-going care:

- An appointment will be made for you prior to discharge from Hospital. If not, please call our Rooms on **9760 2777** to arrange your post operative appointment.
- You **do not** need to continue taking your previously prescribed acid reducing medication. Please do not recommence these medications without consulting us first.
- You may need long term follow up with a gastroscopy each year. This will be discussed at your follow-up appointment.
- Please notify the Rooms
 - if you experience any problems with your wounds including abnormal redness, pain, or discharge.
 - You develop a fever, or get hot/cold flushes.
 - Your pain is severe and not being relieved by the analgesia you are using.

Out of Hours: Ph: 9760 2777

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.