Nissen Fundoplication
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your doctor may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your surgeon.

ACTIVITY

- Take frequent rest periods throughout the day.
- Take frequent walks throughout the day. This will help to prevent blood clots.
- Continue to do your coughing and deep breathing exercises once you get home. This will help to prevent pneumonia.
- **No strenuous activities** such as heavy lifting, pushing or pulling until after your follow-up visit with your surgeon. Do not lift anything heavier than 10 pounds.
- Talk with your surgeon about when you may return to work and your exercise routine.
- You may shower 2 days after surgery. Pat incisions dry. Do not rub incisions with washcloth or towel.
- Do not drive while taking prescription pain medication.

NUTRITION

- Continue with a liquid diet, or the diet you were directed to take, until your first follow-up visit with your surgeon.
- Drink fluids (6-8 glasses a day).
- Call your caregiver for persistent *nausea* (feeling sick to your stomach), vomiting, bloating or difficulty swallowing.

ELIMINATION

It is very important not to strain during bowel movements. If constipation should occur, you may:

- Take a mild laxative (such as Milk of Magnesia®).
- Add fruit and bran to your diet.
- Drink more fluids.
- Call your caregiver if constipation is not relieved.

FEVER

If you feel feverish or have shaking chills, take your temperature. If it is 101° F (38.3º C) or above, call your caregiver. The fever may mean there is an infection.

PAIN CONTROL

- If a prescription was given for a pain reliever, please follow your caregiver's directions.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If the pain is not relieved by your medicine, becomes worse, or you have difficulty breathing, call your doctor.

INCISION

- It is normal for your cut(s) *(incisions)* from surgery to have a small amount of drainage for the first 1-2 days. Once the drainage has stopped, leave your incision(s) open to air.
- Check your incision(s) and surrounding area daily for any redness, swelling, increased drainage or bleeding. If any of these are present or if the wound edges start to separate, call your doctor.

- If you have small adhesive strips in place, they will peel and fall off. (If these strips are covered with a clear bandage, your doctor will tell you when to remove them.)
- If you have staples, your caregiver will remove them at the follow-up appointment.

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